



# THE PORTUGAL News

Portugal's **National** Newspaper in English



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## Road code revamp to promote education and awareness

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## Church warns PM of uprising over gay union approval

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## Bullfights more lucrative 'cultural' event

It has been calculated by the National Statistics Institute (INE) that bullfights generate more revenue than classical music and opera performances together. (See P. 6)

## Portugal outshine Finland

In preparation for their crucial World Cup qualifying match against Sweden next month, Portugal hosted Finland in the Algarve where they completely outplayed the Scandinavians but only had one goal to show for their efforts. (See P. 56)

## Weekend weather

**Lisbon:** Residents in the capital will enjoy mild and sunny weather, with no rain forecast for the next seven days. **Faro:** The Algarve will enjoy spring-like weather with thermometers set to approach the 20° mark. **Oporto:** The north will enjoy blue skies, though mornings and evenings will be cold.

## Upcoming holidays in Portugal:

Tuesday 24th Feb. Some shops and offices may be closed.

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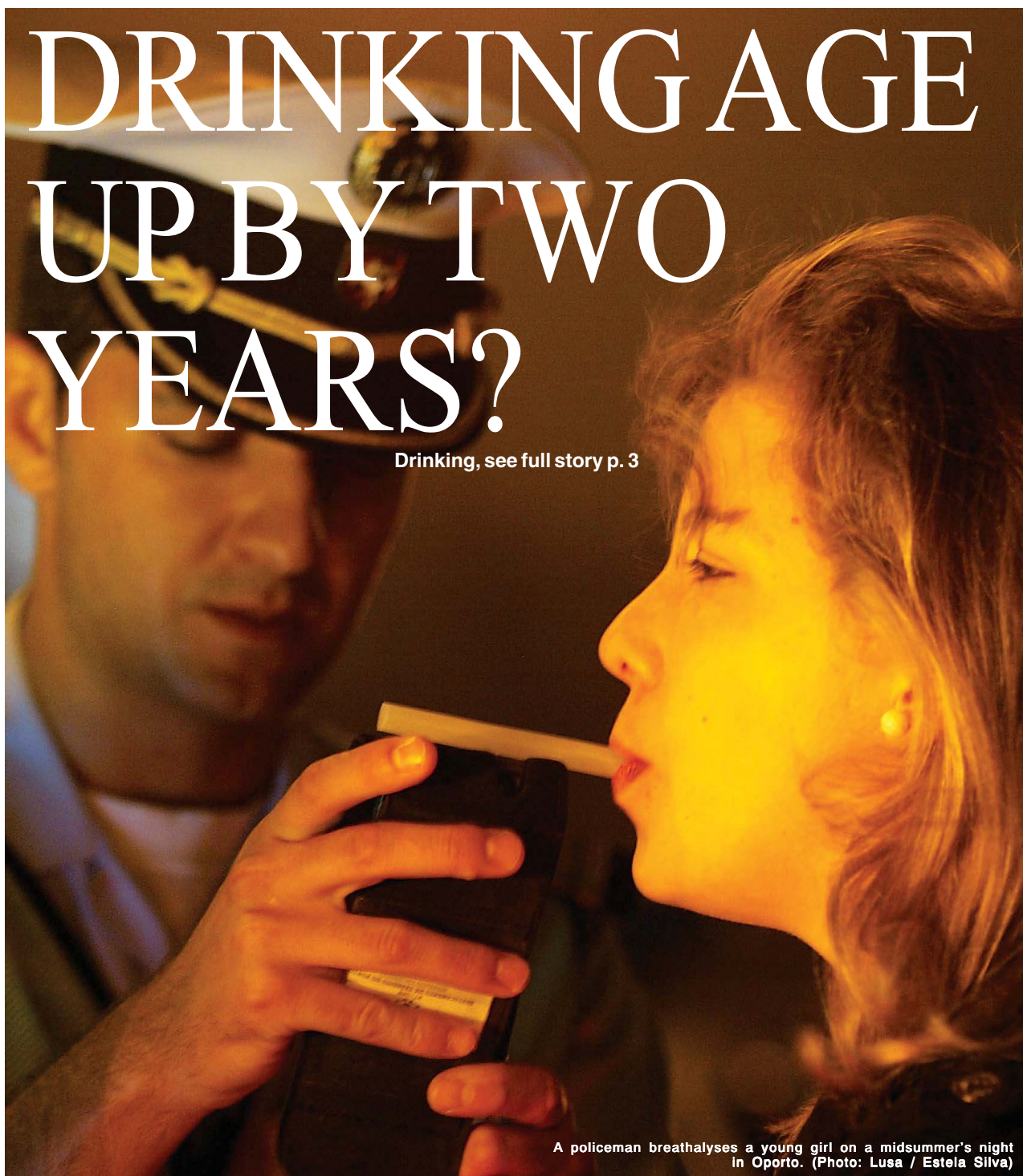
**9 page weekly PROPERTY supplement**

**Reader Offers**  
see pp. 32/33

## Portugal looking to follow in footsteps of fellow European nations by raising drinking age for teens

# DRINKING AGE UP BY TWO YEARS?

Drinking, see full story p. 3



A policeman breathalyses a young girl on a midsummer's night in Oporto. (Photo: Lusa / Estela Silva)



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## Fire services to train more drivers



Even though the number of accidents involving ambulances in Portugal fell by 20 per cent last year, the country's fire services are looking to train more of their emergency response motorists, as the majority of ambulances are operated by and stationed at local fire departments.



An ambulance belonging to the São Martinho do Porto (Alcobaça) fire department skidded on ice and swerved off the A8 between Pataias and Nazaré last December. (Photo: Lusa / Paulo Cunha)

Portugal's League for Firefighters (LBP) is said to be "dissatisfied" with the reduction in accidents and is drawing up a training plan for ambulance drivers.

Provisional data from the National Road Safety Authority (ANSR) showed that between January 1<sup>st</sup> and September 31<sup>st</sup> 2008, 66 accidents involving

ambulances were registered, 23.2 per cent less than the same period of the previous year, which saw 86 incidents.

Duarte Caldeira, President of the Portuguese Firefighters' League, said "the reduction is significant", but the firemen "are not satisfied".

Therefore, the LBP, the Min-

istry for Home Affairs, and the Portuguese Road Prevention Association are drawing up a plan to train and re-assign emergency vehicle motorists with priority for ambulance drivers.

The LBP President said that at the beginning of March a meeting would take place with the involved entities to approve the

model of training.

Duarte Caldeira underlined that by the end of the year the training and recycling plan should be in full swing and has the main aim of "improving the technical competencies" of ambulance drivers, who are responsible for 80 per cent of the total distance notched up by the country's fire service.

## Thousands of drivers fined following traffic police reshuffle

More than 1,500 drivers have been fined and 43 detained since the GNR force were renamed the UNT – National Traffic Unit – on January 1<sup>st</sup>.

Between January 1<sup>st</sup> and February 2<sup>nd</sup> this year, 5,285 vehicles were pulled over by the newly-designated unit, 3,395 were subjected to inspections, which saw 11 drivers being detained for driving over the legal alcohol limit, and 32 for driving without a license.

According to information from the UNT, of the 3,395 drivers that were inspected, 1,650 were fined; 168 for speeding, 92 for not having the necessary documents or up-to-date MOT's, and 49 for driving under the influence.

During their first month in action UNT officers escorted 21 heavy duty vehicles, carried out 554 patrols, and covered over 100,000 kilometres whilst performing patrols.

Eleven 'stop' operations – random vehicle checks – were also carried out during this period by the UNT.

Of the former GNR brigade, only their uniforms, vehicles and symbols remain the same.

Regarding the internal organi-

zation of the unit, it has been completely reshuffled, reassigned and restructured; everything from their core mission to the number of officers and respective territorial allocation has been modified.

This however, has not pleased all former-GNR/BT Traffic Brigade officers, who through being re-allocated to various specialized sections of the new UNT force feel they have suffered a 'de-motion'.

Head of the UNT, Lourenço da Silva, said "officers who were part of the BT and who today are not part of the UNT brigade are, in the majority of cases, have been assigned to other traffic units with the same functions, responsibilities, equipment and benefits".

It was explained that the UNT's new functions are not of a sporadic nature, nor are they based on periodical checks, but they are designated to carry out "more complex" missions that require a specific knowledge, like escorting heavy-duty vehicles that transport hazardous materials and verifying professional drivers' tachograph disks, in as coaches, school buses, lorry drivers and ambulances, etc.

## Portuguese wary of fellow drivers

According to recent statistics from AXA insurance four in ten of Portugal's drivers (forty per cent of the driving population) feel unsafe on the country's roads, while more than half believe it is 'other' drivers that have poor skills behind the wheel.

This was discovered after more than 800 drivers were questioned by AXA, for the 'AXA Barometer for Road Safety 2009'.

Sixty per cent of those involved said they felt safer on the roads now than they did two years ago, even though only one in four confesses to actually having altered their behaviour on the road.

Regarding dangerous driving, a large number of those involved in the Survey admitted to driving too fast and too close to the vehicle in front; talking on their mobile phone while driving, and driving without a seatbelt.

For 62 per cent of those questioned, only after two alcoholic drinks do they worry about drink-driving. More than two out of ten admitted to driving whilst under the influence, and only 56 per cent were able to correctly answer what the legal drink-driving limit is in Portugal.

Less than 50 per cent (48 per cent) think speeding on motor-

ways and within city limits is dangerous, and only 18 per cent see driving through a yellow light as hazardous, a stark contrast to the 44 per cent European average.

It was concluded that, as a result, "behavior on Portuguese roads is more dangerous than the European average", with 85 per cent of drivers admitting to driving through yellow lights, 60 per cent confessing to speeding within cities and 50 per cent on highways.

"In Portugal, as with other countries, it is the younger generation of drivers who admit to above-average dangerous attitudes on roads, particularly concerning speed limits, safety distances, and using the mobile phone", the study revealed.

Between 2001 and 2006 the number of deaths on the Portugal's roads fell by 42 per cent, but even so Portugal continues to have one of the highest death rates, with an average of 11.8 in every 100,000 inhabitants losing their life behind the wheel.



## Road code revamp to promote education and awareness

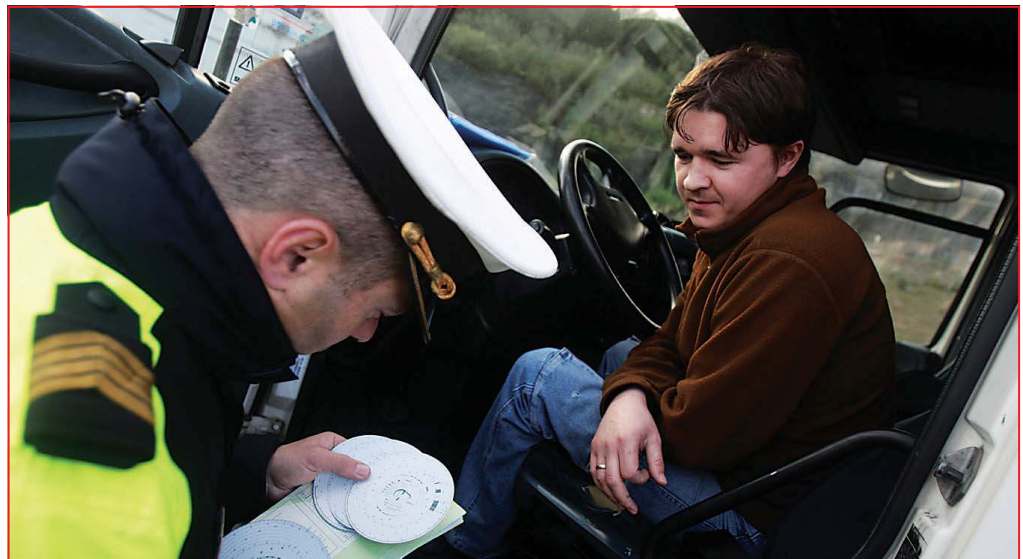
The National Road Safety Strategy, which is to be gradually implemented on Portuguese roads by 2015 and is available for public consultation until February 16<sup>th</sup>, is to introduce new measures, based largely on education and awareness, created to reduce the number of vehicle-related fatalities per year from 850 to 579 and place Portugal amongst the top ten European countries with the fewest road deaths.

This will include the introduction of a drivers license 'point' system, a national radar network, increasing sanctions and implementing new signage, such as a 30 kilometre maximum speed sign on some streets within city boundaries.

The current format of teaching in driving schools, as well as theoretical and practical exams, will be altered by the National Strategy,

which also aims to expand compulsory periodic MOT's for motorcycles, bikes with larger engines, tricycles and quad-bikes.

Improving general education regarding road safety as well as clamping down on drink-driving related issues, bettering road-victim response services and creating a management core within areas that have frequent accidents are further steps that



Operation Stop in action by the new National Road Safety Unit in Lisbon on 8th February. (Photo: Lusa / André Kosters)

will be introduced.

Meanwhile, it has been calculated that the number of accidents

involving recently-qualified drivers, generally men aged 18-30 and holding a license for three years or less, diminished by nine per cent between January 1<sup>st</sup> and 30<sup>th</sup> September 2008, in comparison to the same period of 2007.

Calculated by ANSR, the National Road Safety Authority, during that period last year 4,292 accidents involving individuals fitting the 'recent driver' category occurred on Portugal's roads, 446 less than in the same period of 2007.

To complement this improvement, the National Plan for Reducing Alcohol Related Problems has proposed altering the law to lower alcohol tolerance levels

for 'new' drivers.

As of next week this proposal will be available for public consultation, to be later presented to the Ministry of Health, for its approval.

Drawn up by the Institute for Drugs and Drug Dependency (IDT), the document does not yet suggest a figure for this new tolerance.

At present, the legal alcohol tolerance limit for drivers is 0.5 grams of alcohol per litre of blood.

In general, between January 1<sup>st</sup> and September 30<sup>th</sup>, 2008, 24,555 accidents occurred on national roads, a total reduction of six per cent in relation to the

same period of 2007.

Meanwhile, the President of ANSR, Paulo Marques, has conceded that learner drivers may soon be allowed to take to the roads with the guidance of a 'tutor', though he stressed attending driving lessons and sitting exams will always be compulsory.

He clarified that this practice is widely adopted in various countries and is a "good option" for those learning to drive.

He did not define what requirements must be fulfilled to be a 'tutor', though he did say it would be a "responsible" individual and that there may be "limitations applied to this type of accompanied driving".

## Drinking age up by two years?

In a move that will see Portugal brought in line with the overwhelming majority of European and Western World nations, several interested groups have launched strong lobbies to see the legal drinking age increased by two years. But opposition to this proposed move has been immediate, with some sectors accusing it of being hypocritical and that inadequate monitoring of the situation coupled with allowing young teens into night clubs will render the measure largely ineffective.

A national plan is being devised to prevent alcohol consumption amongst groups that are considered vulnerable to its harmful effects, such as teenagers, pregnant women, and families with alcohol-related problems, of which a key component will be the raising of the legal alcohol purchasing and drinking age, from 16 to 18, a shift largely requested by the Institute for Drugs and Drug Dependency (IDT).

By enforcing this measure Portugal will be mirroring the majority of its European counterparts as only Italy and some regions in Spain still legally allow the consumption of alcohol to under-18s.

A proposal to push up the legal drinking age by two years will be submitted to the Ministry of Health before 2010, integrating the National Plan for Reducing Alcohol Related Problems (PNRPLA), which stipulates 25 objectives to tackle reckless drinking and is to be implemented by 2012.

João Goulão, head of the IDT said the plan's overall task is "to reduce the consequences of inappropriate alcohol consumption".

Priority areas of intervention target consumption amongst children, youngsters, and during pregnancies, though the plan's general objective is to reduce consumption as a whole in these areas, as well as "focusing on diminishing the negative and harmful consequences of abusive consumption, whether that is regarding road safety, health, or on a family, work or social level".

The focus on teens was spurred by recent results from a Second National Survey for the Consumption of Psycho-active Substances in the Population, which revealed almost half of all youngsters that were included in the study, aged between 15 and 24, admitted to binge-drinking at

least once in 2007.

Research following the announcement of the proposed national plan showed that, in some areas, children as young as 13 were out at night, drinking alcohol from commercial establishments.

The same study also confirmed a rise in the consumption of alcohol within the 15 to 17 age group, with beer and shots being their drinks of preference.

In 2001, the First National Survey revealed that 30 per cent of Portugal's 15 to 17 age group had experimented with alcohol.

By 2007, that figure had gone up to 40 per cent.

Binge-drinking, defined as more than six drinks in one session for a man and four drinks per woman, is also on the increase, with 48.3 per cent of those interviewed, of ages between 15 and 24, admitting to excessive alcohol consumption.

The plan, which will soon be up for public debate, must be approved in Parliament before being passed as legislation and will intervene in seven main sectors: children, teens and pregnant women; road safety, working adults, communication and information, creating shared data bases, treatment, and rehabilitation and prevention.

To accompany the changes, the legal alcohol limit for new drivers will also be reduced from the current tolerance, 0.5 grams of alcohol per litre of blood, to a rumoured, though not officially confirmed 0.2 g/l.

It was also suggested this form of action should be applied to professional drivers too, like lorry, bus and ambulance drivers.

Furthermore, retail establishments will be prohibited from selling alcohol to under-18s.

More key issues highlighted in the plan cover training, education and a data-collection system.

It was recently estimated that binge-drinking is responsible for 27,000 accidental deaths, 10,000 suicides and 2,000 murders every year in Europe.

It has also been calculated that around 25 million Europeans over the age of 15 admitted to binge-drinking in the past month.

This, according to the PNRPLA, can be translated into four in 10 murders and violent deaths and one in six suicides, while alcohol can also be related to one in three road accidents.

However, the suggested age-rise for legal drinking has been disputed by some who see the plan as 'too little, too late'.

Those linked to the bar trade believe banning under-18's from purchasing alcoholic drinks will provoke a "brutal rise in alcohol consumption", and will "force them to resort to the likes of garage parties, placing our children in danger", said António Fonseca, President of the Oporto Bar and Night Club Association (ABZHP).

António Fonseca also believes it will be extremely difficult to control the selling of drinks to minors.

"If this proposal should result in legislation, more garage parties will take place where it will be impossible to control consumption, putting our children's health at risk", he said, deeming the plan to be "the easiest way of tackling the problem, but not the most efficient".

Arguing that the only people to benefit from the plan would be supermarkets and petrol station convenience stores ("as this is where the youngsters will resort to to buy in the alcohol"), António Fonseca suggested that the only way to stop under-18s from drinking alcohol is to forbid them from entering establishments, which is not being proposed in the legislation.



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# Church warns PM of uprising over gay union approval



This week the Secretary of the Portuguese Episcopal Conference (CEP), Catholic priest Manuel Morujão, sent a message to Prime Minister José Sócrates that, whilst indirect, clearly enough warned the Church may urge its followers not to vote in the upcoming elections, should the parties support gay marriages.



Cardinal Dom José Policarpo at the Portuguese Episcopal Conference (CEP) on 10th February. (Photo: Lusa / Paulo Cunha)

Speaking during a committee meeting that took place in Fátima, priest Manuel Morujão said "Christians will, surely, come to their own conclusions as it is not enough to rely on people who embark on these adventures that expose society to wounds that are deep".

The statement was denied as being an appeal to mobilise the masses of faithfuls against legalising gay marriages, but was said to be a clear warning from the Catholic Church, aimed at PM José Sócrates, general secretary of the PS socialist party, taking into account the upcoming elections.

Vaguely yet firmly, priest Manuel Morujão confirmed the possibility of the Church taking a public stance and appealing to the population to not vote for a party

that approves the legalisation of gay unions; a proposal that is included in Prime Minister Sócrates' motion to the PS congress and which will be carried out in his next mandate, should he win the elections.

A harsh reprobation of legalising same-sex marriages was the outcome of the Portuguese Episcopal Conference, a meeting of Portuguese bishops, during which it was agreed there are "other priorities" with which politicians should occupy themselves. As an example the current economical crisis was highlighted, the bishops claiming politicians should "give the support that families need to respond to present challenges", and that legalising gay unions would "divide the Portuguese".

Defending "dignity and de-

centy", Manuel Mourão said an official statement regarding this matter would be released by the Church in two weeks, and he stressed "society is nothing without the main cores that are marriage and a family".

"The Church's organizations will be moved, not against anyone in particular, but in favour of a cause", he admitted.

In response, PS spokesperson Vitalino Canas said that this stance from the Church was "not unexpected", and that the party has "taken into account all aspects of justice and must stand by all sectors of society".

"Portugal still has an equality deficit which must be balanced, creating conditions so that same-sex couples have equal rights", he said.

## Rampage causes one death, several injured



A terminally ill elderly man caused terror in Batalha and Ourém Councils last week as he decided to end his quarrels with others in a spree of violence, having killed one person and injured three more. After two hours of madness, the man committed suicide when confronted by police.

Quintino Júlio, 63 years of age, had informed friends and family members he intended to settle several disagreements prior to his death, he had even created a list with the people's names on it, including family members, but nobody could have predicted the tragic events that took place on Thursday 5th.

The man's terror spree began at around 15h30 on Thursday afternoon when an on going argument with tree surgeons, who always left his garden in a mess with tree cuttings, erupted into a physical fight. The elderly man ran into his home and returned with a 6.35mm handgun, firing shots at both men. A person driving by got out of his car to aid one of the workers that was struck by a bullet, only to

get shot as well, but for him it proved to be fatal. The tree workers called authorities immediately to end the rampage and the injured worker was transported by helicopter to Santa Maria Hospital, in Lisbon.

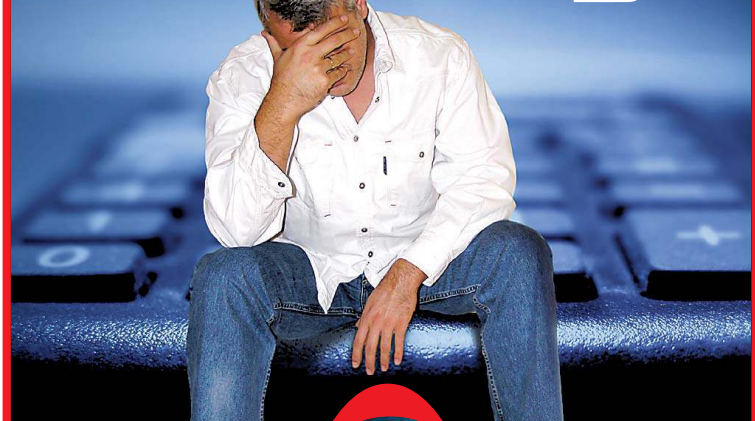
Not finished with his 'score settling', the offender then left his home and went to a Health Centre and asked to speak to a relative who worked there. When she replied that the person was not present at the time, Quintino lost his temper and shot the woman in the head, but fortunately it was not fatal and she was taken to Leiria Hospital with a bullet lodged between her cranium and skin.

To end his rampage, Quintino drove his car to Zambujeiro, Ourém village, and waited for his

73 year old neighbour to finish work. As he walked out of work at around 16h00, Quintino stepped out of the car with his gun in hand and shot him in the neck. The neighbour was taken to Leiria Hospital and later transferred to Coimbra University Hospital.

Sr Júlio then returned to his car and met a GNR road block further down the road at Coudros River, in Freixianda. Not wanting to go into custody, the elderly man stopped the car 30 metres before the road block and shot himself in the head, at 17h45. It was known that moments earlier the GNR had called the crazed man to calm him down, to which he replied: "Everything in life has a solution, even death."

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## Portugal 'high risk' for female circumcision



The World Health Organisation has classified Portugal as 'high risk' for practice of female genital mutilation due to the large number of immigrants from countries like Guinea-Bissau where the custom is widespread, an expert said this week.

Sandra Piedade, a research fellow at Lisbon's state Higher Institute for Labour and Business Sciences (ISCTE), told the Lusa News Agency that although the issue of female circumcision in Portugal "is surrounded by secrecy" over ten percent of healthcare workers interviewed in a study said they have come across cases of young girls being mutilated.

Guinea-Bissau is the ex-Portuguese colony with the highest rate of female circumcision - at 45 percent of all women. Piedade said her study focused particularly on Guinean women in Portugal and their continued belief in the traditional practice, usually carried out on girls between five and 11 years.

There is a gap in Portuguese law in relation to female genital mutilation, said Piedade, calling for "more severe penalties" for practitioners of female circumcision in Portugal.

Victims need better medical and psychological support, the researcher added, and Portugal's medical profession needs to gather more accurate data on increasing cases of female circumcision among Portugal's immigrant communities. TPN/Lusa





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# Bullfights more lucrative 'cultural' event



A moment of panic during a bullfight in Campo Pequeno last September. (Photo: Lusa / António Cotrim)



It has been calculated by the National Statistics Institute (INE) that bullfights generate more revenue than classical music and opera performances together.

A study was carried out to determine the cultural habits of the Portuguese, and to see how they spend their free time. Based on figures relating to the consumption of cultural and leisure activities in 2007 it was concluded that, on average, per year, a Portuguese person will visit one museum and see one show.

In 2007 the INE calculated 9.9 million people visited a museum, an almost identical figure to the 9.8 million spectators that purchased tickets to see live shows.

Even so, INE data confirms that Portugal's favourite pastime is still the cinema.

Lisbon was pinpointed as the centre for cultural events and where most activities take place. In 2007, 27,650 live shows took place in Portugal, which were seen by 9.8 million people, an average of 355 spectators per show.

That figure mainly comprised theatre productions, which made up 43.4 per cent of the total (12,012 performances) followed by light music (5,660 concerts)

and classical music (2,261 performances).

However, more people saw concerts than theatre productions, with an average of six million spectators buying concert tickets every year, generating almost 30 million in 2007.

Theatre attracts around 1.8 million individuals per year, still three times more than classical music performances.

At 190 bullfights more than five million euros was earned, from some 300,000 spectators.

The majority of shows in 2007 took place in Lisbon, followed by Northern and Central Portugal.

But it was no surprise that American cinema continued to reign supreme as the favourite family pastime.

In 2007 some 16.3 million people went to the cinema, to see one of 1,073 films screened that year.

It was also calculated that in 2006 the average Portuguese family expenditure on cultural and leisurely pastimes was around €997.

## Majority of youngsters have tattoos as a fashion statement

A recent thesis by sociologist and author Vítor Sérgio Ferreira has concluded that the majority of young adults who have piercings or tattoos have them done either as a fashion statement, to copy their idols, or as a symbol for the experience.

In the thesis people from all walks of life revealed their reasons behind having tattoos and piercings, though most admitted to having them done to copy their friends, celebrities, or as a symbol with which they identify.

Only a minority will return to

a tattoo or piercing parlor and make it part of their lifestyle.

The thesis paved the way for a book titled 'Markings that Mark: tattoos, body piercings and juvenile culture', which was presented during the 10<sup>th</sup> conference of the Luso-Afro-Brazilian Social Sciences, organized by the University of Minho.

It was established that tattooing can be divided into two categories; one-off experiences where many of those getting a tattoo copy a design or chose it at random from a catalogue; these

are isolated acts without connotations, and those for whom it becomes almost an addiction, often entailing ongoing projects of a larger size as well as designs with connotations or a deeper meaning.

But whatever the cause tattoos appeal to people of all ages, shapes, sizes and nationalities.

Whereas they were once considered symbols of urban tribes, they are now increasingly part of all societies, adhered to by all age groups and social sectors.

According to Filipe Cardoso,

tattoo artists at the 'El Diabolo Tattos', studio in Lisbon, Japanese and Tribal designs are currently the most popular form of tattoo, along with religious symbols, which are also highly sought after.

He confirmed that many youngsters seek tattoos as a means of affirmation, as concluded by sociologist Vítor Sérgio Ferreira.

The tattoo artist also said that, concerning parents, the issue is less problematic as tattoos are now more widely regarded as a form of art.

## President shocked at Australia's 'devastating' fires

Portuguese President Cavaco Silva expressed his "deepest shock" and regret over the "devastating" firestorms in Australia that have killed close to two hundred people and destroyed some 1,000 homes.

In a message to Australia's Governor-General, Quentin Bryce, President Cavaco Silva sent "the most sincere condolences" in his name and that of the Portuguese people.

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# Making the Internet safer



'Internet Segura' is a company that was created to block contents and criminally charge people who publish illegal content on the Internet. In the one and a half years since its creation, a total of 46 investigations have been carried out in Portugal alone relating to child pornography.

'Internet Segura' is an Internet watchdog and its mission is to block illegal content and criminally charge people who publish such information. They work in conjunction with Portuguese Police authorities and national ISP's (Internet Service Providers) to remove such content as quickly as possible.

One and a half years of the

Internet watchdog's existence generated 161 investigations of servers located outside Portugal and 46 within the country, according to the Judiciary Police officer in charge of investigations at 'Internet Segura'.

Jorge Duarte issued his statement on the European Day of Safe Internet, Tuesday 10<sup>th</sup> February, adding that our society is now more aware of the risks of the Internet, although there is still a long way to go to prevent these

crimes. People, specially the young, learn to use the Internet by themselves and are not able to distinguish between the positive and negative information, publishing photographs on social networks which encourages paedophiles to act. He said the Internet has very good potential, as long as people are aware of the risks involved when working

with the World Wide Web.

The general public can contact

'Internet Segura' to report any illegal information or pictures they might find on the Internet, anonymously, whether it be child pornography, racial discrimination or violence.

The site has been growing as a platform on which to report such crimes, receiving over 1,000 complaints per year. On average, 167 new cases are reported each



A teenager using the internet in safety, thanks to 'Internet Segura' an internet watchdog company.

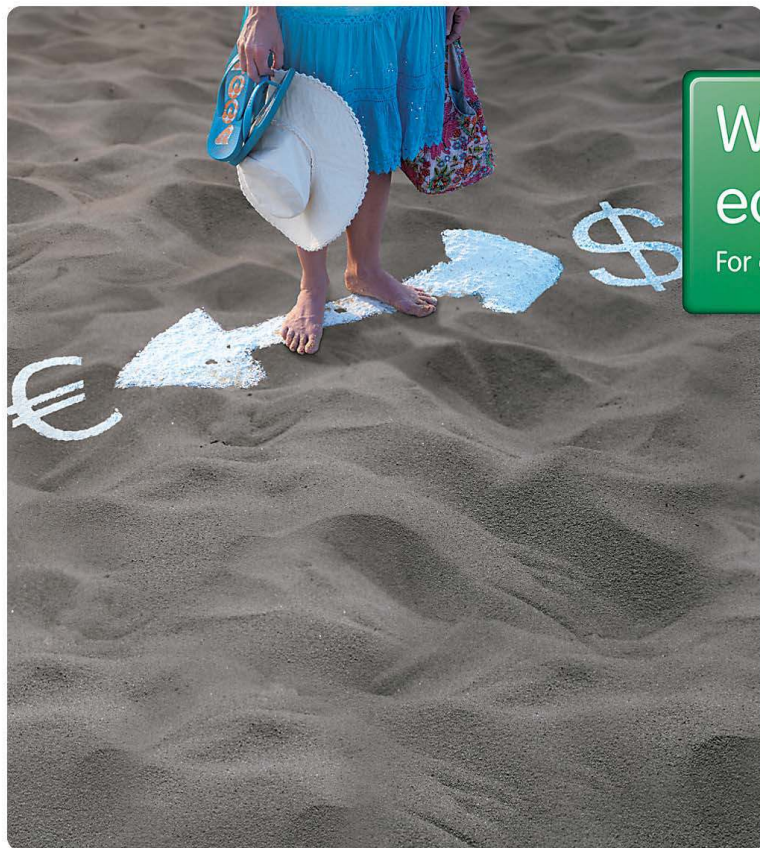
month, mostly related to paedophilia.

Meanwhile, in related news, it has been calculated that over half of teenagers using the Internet do so unsupervised. A study carried out by Microsoft,

on a European level, with teenagers aged between 14 and 18 showed that 67% of them use the Internet without parental supervision. The study was published on the European Day of Safe Internet to alert

young people, parents and teachers about using the Internet safely. "The current web-generation increasingly lives in the digital world. The surge of social networks has allowed youngsters to become

sophisticated web users, but they still need help and guidance to face current problems, such as online bullying" said Nuno Duarte, General Director of Microsoft in Portugal, during the presentation of the study.



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# UN civilizations chief Sampaio calls for new Bretton Woods



The restoration of global financial stability calls for staging of a new Bretton Woods conference to create a "new institutional framework", former Portuguese president and current UN High Representative for Civilizations Jorge Sampaio said this week.



The former Portuguese president and current UN High Representative for Civilizations Jorge Sampaio exchanges ideas with the Director-General of the International Labour Organization (ILO), attorney and diplomat Chilean Juan Somavia, during a ceremony at the Coimbra Faculty of Economics on 8th February. (Photo: Lusa / Sérgio Azenha)

The former Portuguese president used an address to a Lisbon conference on "Signs of the Times" hosted by Portugal's Catholic University to echo weekend comments made by US Vice-President Joseph Biden for "development for all" to ensure

sustainable peace in the world. "Therefore, more than ever it is important to follow the road to multilateralism as we face difficulties of global dimensions that can only be resolved through more and better international co-operation," said Jorge Sampaio,

High Representative for the Alliance of Civilizations.

The choice of multilateralism is intended to make use of "the lessons of history", he added, in which nationalism and populist politics gained strength during hard economic times. *TPN/Lusa*

## Portugal has EU's highest Internet access



Around 87 per cent of all Portuguese who have completed secondary schooling use the Internet, making Portugal the EU's fifth state that most accesses the Internet regarding that demographic group, according to statistics from the UMIC Agency for the Society of Knowledge.

Portugal is surpassed only by Holland, Luxemburg, France and Sweden.

Of all Portuguese with higher qualifications 91 per cent use the Internet, placing Portugal 10<sup>th</sup> on a European level.

According to the UMIC Agency, which compiled the study in collaboration with the Portuguese National Statistics Institute (INE), Portugal is above European average when it comes to the number of Internet users with secondary or superior education. The European averages are 67 and 89 per cent respectively.

Concerning students, 97 per cent of this group has Internet access and 98 per cent to a compu-

ter, which also places Portugal ahead of the EU average, which is 94 and 96 per cent, respectively.

## FM Amado in Singapore

Portuguese Foreign Minister Luís Amado began a three-country trip to South-east Asia in Singapore at the weekend.

Minister Amado was to hold talks with his Singaporean counterpart, George Yong-Boon Yeo, on

international, business and cultural issues after having visited Australia last Tuesday.

He was also scheduled to travel to East Timor, where his Ministry oversees many cooperation projects.

*TPN/Lusa*

## IRS 2008: Procedures

### Nº4 FILING EXEMPTIONS

by Dennis Swing Greene

This is the first article in the series examining required procedures when declaring Individual Income Tax ("IRS"):

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| 1) Fiscal Residency                  | 4) Exemptions from Filing          |
| 2) Submitting your "IRS" Declaration | 5) Marital Status                  |
| 3) Non-Residents                     | 6) Tables of Progressive Tax Rates |

Before 1989, a conscientious Foreign Resident, wanting to declare income from abroad, would have been turned away at the local *Finanças* office. The reason was quite simple; under the former tax code called "Complementary Tax", only individual income derived in Portugal was taxable; therefore, most income from abroad was exempt. Sadly, those days are long gone and all but a meager few are

expected to declare their worldwide income as Fiscal Residents of Portugal.

### QUESTIONS AND ANSWERS:

**Who is exempted from submitting a Portuguese income tax return?**

All those with earnings in 2008 are required to submit a tax declaration with the following exceptions:

- those who only have earnings subject to final withholding tax (except dividends) and accept the tax paid as final.
  - those receiving only pensions falling below the annual pension allowance - National Minimum Wage - €5,642 per individual in 2008.
- The only income that I received in 2008 was from bank interest, taxed at source (20%). Do I have to declare this income?**

If the interest and respective withholding were in Portugal, no declaration is required. Nevertheless, if your tax rate falls below 20%, you may achieve a small savings in

reporting and submitting a return. In other words, you may be entitled to a refund!

If the interest that you received came from outside of Portugal and you are resident for tax purposes, this income should be reported regardless of the withholding.

**Beware:** The EU Savings Directive came into force in July 2005 and has substantially changed reporting procedures. Make sure you declare correctly under these regulations!

**My Old Age Pension falls below the Portuguese minimum wage. But I also had a small amount of income from investments abroad. Do I still have to submit a tax return?**

Yes. The true purpose of this reporting waiver is to exempt the large number of small Portuguese pensioners who would only clog up the system without bringing in any appreciable income to the State's coffers. All others must file. In addition to the standard *Modelo 3*, any investment income from abroad must be reported on Annex J (Income from Abroad).

**Even though I'm resident here, my pension is paid into the bank back home. Do I still have to declare?**

Yes. Where your income is paid is irrelevant; neither where you receive it, nor if you spend it, nor the currency in which it is paid. What matters is that it is available to you. That's what makes it taxable.

**My bank interest is paid in GB Sterling. How do I report income in another currency?** All income and expenses must be reported in Euros, regardless of the original currency.

**As a non-resident, I receive rental income in Portugal. Do I declare here or in my home country?**

Both. Your first obligation is to Portugal since the property, and therefore the activity, is located here. In accordance with the Double Taxation Treaty, you will subsequently receive at foreign tax credit at home before applying local rules.

Next: *Marital Status - How should you report?*

Dennis Swing Greene is Chairman of the Board and International Fiscal Consultant for *euroFINESCO s.a.* Private consultations can be scheduled at in *Guia (Albufeira)* 289561333, *Lisbon (Chiado)* 21342421 and in *Funchal (Sé)*, *Madeira* 291221095. Order your copy of our 144 page book, "Portuguese 'IRS' Individual Income Tax 2008" by e-mail at [info@eurofinesco.com](mailto:info@eurofinesco.com) or on the internet at [www.eurofinesco.com](http://www.eurofinesco.com).

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# Flight-path flurry for national airports in 2008



During 2008, between the national airports of Lisbon, Oporto and Faro, 31 flight-paths were cancelled as 20 new routes were introduced.

This was confirmed by Portuguese airport management company ANA – Airports of Portugal.

From Oporto's Sá Carneiro Airport 10 routes were closed in 2008 and five new ones were launched. However one of the five new routes, Oporto-Salvador (Brazil), which was operated by TAP, also ceased to run by the end of that year.

Spanish low-cost airline Clickair closed its route from Oporto to Barcelona, as did its Irish counterpart Ryanair, which closed four routes from that airport, to Bristol, Liverpool, Valencia and Stockholm.

From Sá Carneiro Portuguese flag-carrier TAP also halted its routes to Lyon and Nice, whilst Spanish national airline Iberia cancelled its flights from Oporto to Madrid, and Volare Spa stopped its Oporto-Milan route.

Meanwhile Ryanair inaugurated two new routes from north-

ern Portugal; Oporto-Birmingham and Oporto-Brussels), and easyJet introduced two flight paths, Oporto-Paris and Oporto-Lyon.

Twelve routes were cancelled from Lisbon's Portela airport as six were opened, two of which also folded by the end of last year, these being Lisbon-Prague, operated by SkyEurope, and Lisbon-Manchester, operated by British Midland Regional.

TAP inaugurated routes from Lisbon to Belo Horizonte (Brazil) and Casablanca (Morocco), while easyJet initiated connections between the Portuguese capital and Lyon and Funchal (Madeira), despite closing their Liverpool route.

Air Nostrum also finished their Lisbon-Bilbao and Lisbon-Zaragoza flights; Russian airline KrasAir closed two routes to Moscow and Italian airline Alitalia finished its Lisbon-Rome flights.



An easyJet flight parked at Faro Airport. (Photo: The Portugal News)

A further three routes were closed from Lisbon during 2008; British Midland Regional's Lisbon-Birmingham flight, Scandinavian Airlines' Lisbon-Oslo route, and Germanwings' Lisbon-Stuttgart connection.

From Faro in 2008 nine routes closed and nine more opened,

though one of the nine new ones, Germanwings' Faro-Dortmund connection, did not make it past the end of the year.

New routes opened to Belfast (Aer Lingus), Copenhagen (Transavia), Düsseldorf (Ryanair), Glasgow (Ryanair), Liverpool (Ryanair), London (British Airways and Ryanair) and Nottingham East Midlands (Ryanair).

Meanwhile, Faro lost its routes to Birmingham (British Midland Regional), Amsterdam (TAP) and Frankfurt (Deutsche Lufthansa).

Thomsonfly closed four flight paths from Faro to Bournemouth, Cardiff, Coventry and Doncaster,

as FlyGlobespan also closed its route to Durham Tees Valley.

In 2008 passenger traffic at Oporto's Francisco Sá Carneiro Airport and Faro Airport grew

by 1.3 and 1.8 per cent respectively, in comparison to 2007, while Lisbon Airport saw a fall of 5.2 per cent in passengers, according to ANA.

## Banks clamp down on credit applications

Anyone applying for a loan will now be met with even more stringent requirements as banks are toughening up their procedures for credit approval.

As a result, fewer families are asking for credit and businesses are resorting to loans to solve their financial responsibilities, such as paying debts, salaries and settling outstanding expenditures, as opposed to using the credit for re-investment.

With falls in savings and fewer incoming deposits, banks are justifying the clamp down with problems in recruiting extra resources from international institutions.

To ensure full safety of their trade, banks are now looking for more guarantees concerning loans, entailing the need for guarantors and underwriters, evaluators and advisors, and reducing the amounts that are being conceded to families and businesses.

According to the Bank of

Portugal, over the past few years there has been a steady drop in the number of families asking for credit, in addition to fewer requests from businesses soliciting money to re-invest in projects, which altogether has "considerably" increased bankers' difficulties in acquiring financing from international institutions, said the Bank of Portugal's report, which was published this week.

The Bank of Portugal's report concluded that "the demand for loans was most noticeably reduced during the last trimester of 2008", but has been felt since September last year.

Other banks reported "considerable" diminishment in that sector, particularly regarding mortgages.

It has been suggested this may

be because Portuguese families are being increasingly careful with domestic budgets, and no money is left over to invest in buying a home.

It has been affirmed by banks that "consumer retail expenditure" is amongst the main causes for the reduction in mortgage grants.

On the other hand, businesses are responsible for the growth in the demand for credit, but not for investing in new projects, rather for paying off debts and expenditures, said to be a bad sign for the economy.

During the first three months of this year, banks will reinforce restrictions for credit and will introduce more stringent measures concerning approvals, particularly for medium to long-term loans.

## Exports 'the key' to country's economic worries - President

Portugal's export sector is "the key to the solution" for the country's troubled economy, President Aníbal Cavaco Silva said this week.

"The export of goods and service is practically the only way we have to fight the explosive growth of external debt and at the same time defend the jobs of Portuguese workers", President Cavaco Silva told journalists on the sidelines of a trade fair in Lisbon.

He also underlined the central role played by Portuguese emigrant communities in facilitating national exports and the importance of their remittances.

In related news, the National Institute of Statistics (INE) said Portuguese exports to the main EU market last November

shrank 20.6 percent over the same period last year, while exports to all other markets rose 3.5 percent.

Imports from the EU in November fell 11.7 percent, the first drop for the year, while all other imports shrank 11.9 percent. TPN/Lusa

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# Algarve looks to maintain residential tourists



A number of prominent figures were drawn to a conference/debate on what lies ahead for residential tourism in the Algarve, organised by Faro International Airport and hosted at a packed conference room on Tuesday by Vale do Lobo.

António Pina, chairman of the Algarve Tourist Board, explained that "residential tourism has been the hardest hit" by the economic downturn, while also warning there was an excess of supply in

this sector in the Algarve.

He explained that dwindling tourist numbers will inevitably result in a drop in the number of so-called residential tourists, as, according to António Pina, "If you're scared of going on holiday, then you will most certainly be reluctant to purchase a second home."

However, he expressed the belief that the slowdown will only be temporary, at least as far as tourism in the Algarve is concerned, while it was recalled by fellow speakers that despite house prices having fallen across the country, latest figures show the Algarve has bucked that trend and prices have actually risen in the region.

This is a stark contrast to Spain, where the average home is now worth 20 percent less than it was a year ago, and where 1.5 million newly built homes now stand empty with no buyers in sight. This, coupled with the enormous

difficulties being faced by British expatriates in Spain who have fallen foul of a lethal combination of red tape and unscrupulous builders and estate agents, appears to have generated some hope in the Algarve, with speakers focussing on the progress made in recent years in the property market where real estate wrangles involving prospective and existing bona fide foreign home owners are the exception, and not the rule.

Another member on the panel of speakers, former State Secretary of Tourism Vítor Neto, was critical of Portugal's inability to increase the number of tourists this past decade.

Stressing that direct 'rivals' such as Greece have seen the influx of British and German tourists increase by 3 million since 2001, Portugal has seen zero percent growth in this period. Even Croatia saw the number of European tourists rise by three million

over this period, while Turkey saw its numbers leap from 13 to 25 million.

A key component of residential tourism and ensuring tourists visit the Algarve, is an airport, and it was revealed at the conference that the capacity at Faro will be increased from six to nine million in the next two years.

While some discrepancy exists as to the number of Britons owning second homes in the Algarve, the chairman of the Association of Algarve Hotels and Resorts, Eldérico Viegas, says around 80,000 have second homes in the region, and are joined by a further 20,000 other nationalities, mostly European.

António Pina, meanwhile, stressing that the truth concerning the extent of the crisis should always be told in these testing times, said, his motto, which he hopes will extend to other interested groups in the Algarve is to "bury doubt and sow hope".

## Enjoy the show and support a good cause



The Algarveans winter production called Algarveans X-Posed is on for two nights only on Monday 16th and Tuesday 17th February.

Both shows will be a great night of entertainment for all the family and raise much needed funds

for the Cancer Association in Faro.

Book your tickets by phoning

282 789 608. Show starts at 8pm (20.00hrs) bar open from 7pm (19.00hrs).



The Associação de Oncologica in Faro

## Portimão to inaugurate 'Citizen's Bureau' in 2010



Horta do Palácio, in the centre of Portimão, is the chosen site for the future 'Citizens Bureau', a €1.4 million project that, when complete, will measure 1,200 square metres and has the sole purpose of making citizens' lives simpler by converting all bureaucratic services under one roof.

Services from all areas of public administration, such as notaries and conservatories, will, as of 2010, be available from one single place, eliminating the need for people to travel all over the city in the pursuit of completing a bureaucratic procedure.

According to State Secretary for Modernizing Administration, Maria Leitão Marques, "users have an ever-less complacent attitude concerning tolerance for poor customer service, bureaucracy and administrative overloads. They demand a quality service and

a Citizens Bureau will deliver that".

The centre aims to reduce waiting times for various services including the issuing of ID documents and drivers' licenses.

Maria Leitão Marques aims to open 32 'Citizens Bureaus' investing €35 million in the expansion.

Mrs. Eileen Wallace is pictured presenting to Dra. Liliana, of the Castelo de Sonhos, one of nine complete baby layettes, including clothes, baby equipment and milk. The money for these was raised by selling hand made cards to friends. Thanks from the Castelo go to all those that made this generous donation possible.



## The Waitress

Due to the ill health of one of the performers, the play has had to be postponed from February 18th and 19th to 4th and 5th March.

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Dr. Popken has the pleasure to announce that Prof. Dr. Jorge Draper Mineiro, MD, PhD, Orthopedic Surgeon, will start on a monthly basis a clinic in the office in Carvoeiro.

Professor Mineiro is clinical director of the CUF Descobertas Hospital and head of the department of Orthopedics and Trauma. He is particularly interested in Paediatric and adult spinal problems and hip conditions.

For appointments please phone  
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# Madeira ferry denies Lisbon route, but confirms Algarve expansion



Canary-based Spanish ferry operators Naviera Armas have denied they will be initiating a connection between Lisbon and Funchal (Madeira) this year, but have confirmed they are looking to concentrate on their Portimão-Madeira-Canary Islands route, which has been increasingly successful.

In a statement sent to *The Portugal News* this week the company said "Armas will not be implementing a connection between Madeira and Lisbon, nor is it working on that possibility".

"At this time Armas is concentrating on its Canary-Madeira-Portimão line and on offering an ever-better service", it said.

In the statement the company

also confirmed it would be doubling connections between Madeira and Portimão throughout the upcoming summer season, increasing its departures from once to twice a week, "in accordance with demands and satisfying clients' needs".

It concluded the statement by affirming "Naviera Armas is keen to further improve its maritime service from Madeira from Portugal".



Volcan de Tijarafe, one of the Armas ferry boats. (Photo: The Portugal News)

## Councils pave road to improvement

Being a new electoral year, Councils in the Algarve are 'showering' the region with inaugurations of schools, renovated roads, urban improvements and more.

Algarve Councils have been going all out this year in preparation for their electoral campaigns, completing much needed work in several areas.

In Loulé council, the Algarve's largest, many projects are in their final phases, such as the Quarteira Community Centre, Salir Fire-fighters Headquarters and the renovation of basic sanitation systems.

In Albufeira, a new parking lot, a Municipal Pavilion, Vale Pedras has a new nursery/primary

school and is overhauling roads, costing a total of €30 million, all are in their final stages.

Lagos is building its new City Hall (€16 million), two underground car parks, a school and completing the Polis projects. Portimão will be opening the new Mexilhoira Grande swimming pool and completing the transformation of Praia da Rocha.

Silves Council is changing the look of Armação de Pêra beachfront and Lagoa Council is doing the same to Carvoeiro.

## ASAE sweep slaughterhouse

Health and Safety officials (ASAE) raided an illegal slaughterhouse in Messines this week, where animals were being slaughtered for human consumption, after months of investigation.

After spending the last month investigating the location and setting up surveillance, ASAE officials carried out a raid on the illegal slaughterhouse last Sunday 8<sup>th</sup>. Officials seized 290 sheep and goats as well as slaughtering tools and vehicles, exceeding €18,000 in value. At the time of the raid, animals were being slaughtered for human consumption, ASAE informed the media. The individuals arrested appeared before Silves Court.

## Abducted and beaten in broad daylight



A Mozambican man appeared at a coffee shop in Albufeira with his hands tied behind his back and with several visible injuries last Saturday, saying he had been a victim of abduction. Oddly, the man did not want the owner of the coffee shop to call the GNR.

"He had his hands tied behind his back with transparent plastic, he was limping and had a wound on his forehead. He said he had been robbed and only asked for us to release him" said one of the customers who was present at Diogo coffee shop, in Albufeira, at the time of the incident.

Apparently the 30 year old man had arranged to meet three individuals, one of whom he knew, to speak about

meeting a woman. The trio's intentions were different though, as they threatened the man with a gun, tied his hands behind his back and then shoved him in the trunk of their car. The men then drove theirs and the victim's car to Vale Navio resort, which is currently abandoned, and proceeded to beat him up, stealing his house keys, which was later robbed, and his car, leaving their victim at the deserted resort.

The injured man then ran

200 metres to the Diogo coffee shop and only asked to be released from his plastic handcuffs. His time spent at the coffee shop was so short that some customers did not even notice what had happened.

Only later during the day did the man report the incident to the GNR, who passed the case on to the Judiciary Police. At the time of going to press, Faro's Judiciary Police had made no arrests.

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# Portugal MotoGP tickets available online



Tickets for the Portugal MotoGP Grand Prix, being held between 2<sup>nd</sup> and 4<sup>th</sup> October at Estoril racetrack, are now available for purchase online. For now it is the only method of purchase.

The world's most famous class of motorcycling, the MotoGP, will be coming to Estoril Racetrack once again, between 2<sup>nd</sup> and 4<sup>th</sup> October.

Tickets for the MotoGP will cost between €40 and €95 and are available at [www.ticketline.pt](http://www.ticketline.pt).

A three day ticket, two training days and one race, costs be-

tween €20 and €95. Tickets are also available for the first day of training, at €10 per ticket.

Discounts will also be available for children aged between 11 and 14, with prices ranging from €15 to €35.

Estoril Racetrack has been hosting the World Motorcycling Championships since 2000.



Nicky Hayden during the qualifying training session at Estoril racetrack, 15 September 2007. (Photo: Mario Cruz: Lusa)

## Portugal's first eco-hut

Cascais Council inaugurated the country's first eco-hut on Tuesday, a small hut with water and electricity where the first Nature Tourism Information Centre of the Natural Park will be located.

Located in Marechal Carmona Park, the materials used to build the hut were all recyclable/recycled and environmentally friendly from alternative energies. The hut is coated with cork and, as it is built on stilts, it does not suffer from floor permeability, keeping ther-

mal insulation at its best.

Minister for the Environment Carlos Carreiras has no plans for expanding this idea for tourism at present, but is waiting for approval for more huts to be used for sanitation and a reception for Pedra Amarela's Scout Camp.

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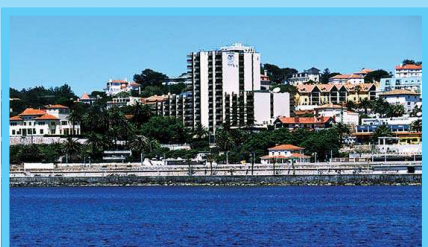
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## Healthcare appointments on the increase

Health Centres in Lisbon and Tagus Valley regions received an extra 224,151 patients in 2008 than in the previous year, carrying out 971 appointments per hour for general and family healthcare.

Supplying healthcare to a population of 3,378,999 in the

Lisbon, Setúbal and Santarém regions, the 87 Health Centres carried out 8.5 million consultations in 2008, a 2.7% growth compared to the previous year, averaging 2.5 appointments per person.

The most visited Health Centres were Lisbon's (4,970,837 consultations), followed by

Setúbal (2,098,916) and Santarém (1,432,607). Specifically speaking, Sacavém Health Centre completed the most consultations (273,633) in 2008. Covering 34.8 km<sup>2</sup> in one of the most densely populated regions of Portugal, the nine subunits and the central healthcare unit has 140,152 regis-

tered users.

In categories, there were 7,155,807 adult, 831,033 child, 273,730 family planning, 201,545 maternal and 40,245 home appointments in the region, according to data revealed by Tagus Valley and Lisbon Regional Health Administration.

## Boa Noite or How to Have a Decent Night's Sleep

Dr Joseph Mercola ([www.mercola.com](http://www.mercola.com)) is an outspoken, controversial and dogmatic web-based physician. I've been receiving his newsletter and web casts for the past year, most of the time deleting them. But three months ago, he got my attention: "The National Sleep Foundation recommends getting at least 7 to 9 hours of sleep each night, but you should always tailor that to your individual needs. Of course, many are not so lucky ... anywhere from 30-40 percent of adults say they have some symptoms of insomnia that make it difficult for them

to fall asleep and stay asleep. Over time, trouble sleeping will lead to a sleep debt that can become increasingly difficult to repay, and can lead to health problems ranging from obesity and high blood pressure to mood changes and decreased productivity." He went on, "You can do everything you want to improve your health, eat right and exercise but if you don't get a decent night's sleep, your health will never be optimal."

I squirmed when I heard his message. I had to acknowledge that for years I haven't been sleeping well. My father, who lived just short of 90, said he "slept in chapters." But his sleeping pattern involved going to bed at 9 and getting up at 4 a.m. every day to write. My sister says she never sleeps and my cousin, Lynn, says she

lays awake all night listening to the radio. I fell somewhere between these three. I'd go to sleep easily but then wake up at 3 or 4, try hopelessly to get back to sleep, and then, as the light started to creep into the bedroom, give up and lie in the bed restlessly as I listened to the trash collector, the recycling collector, the stray dogs, the next door neighbor's plumbing. Even our dogs started to fidget as the light entered the room. In short, I'd start the day underslept, in a unsociable mood (ask Don) and never truly rested.

So, when Dr Mercola spouted on about the importance of sleep I decided to do something about my situation. By the way I'd tried sleeping aids before: one pill from the pharmacy works wonders but my doctor says it takes away the memory, and as mine is sporadic already I decided to toss them out. Then I tried a number of natural sleep aids from L-tryptophan (now back on the market after the FDA in the US pulled it off due to one bad batch coming from Japan in the 80's) to melatonin (also touted by Dr Mercola, his own brand, of course), to chamomile tea and some pill I found called Sleep Easy (just as useless as my husband's spray product called Snores Away).

A web search for better sleep tips turned up a number of common sense ideas, but one really caught my attention. "Sleep in a totally dark room, so dark that you can't see your hand when you hold it in front of your face." That's when I decided to do something about the creeping daylight into our room exacerbated by a high beam street light right outside of the bedroom window. I looked in the yellow pages and found an ad for "estores" (shutters).



**Westheimer**

One call reached a company that wanted to charge me for coming to the apartment and giving an estimate. Plus they said they were busy for the next two weeks (in this economy?). Next I reached Nelson Dias at his company N. Estores in Cascais. We set a no-cost appointment for the following Tuesday at 4. Right at 4 he rang the bell, and I knew he'd be the one for the job. He surveyed the main and guest bedrooms and proposed solutions for both. In one he would install electric shutters to completely block out all light (and, as a side benefit, cut out street noise as well). In the other bedroom he suggested a blackout shade as we already have outside shutters, not light proof. Two weeks later he arrived, exactly on time, installed the two devices, cleaned up all traces of his work (another pet peeve: workers who do their jobs and leave huge messes behind). I would recommend Nelson unconditionally. The sleepless nights are gone. In fact, it's so dark that on non-working mornings I sometimes oversleep. Probably Dr Mercola would say that's a hazard, but best of all, Don can no longer complain about my foul moods. In the morning.

Happy Valentine's Day.

[patwestheimer@gmail.com](mailto:patwestheimer@gmail.com)

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# The Atheist Buses

If the objective was to undermine people's belief in God, then turning the atheist buses loose in Britain was largely a waste of time, because most British people don't believe in God anyway.

The atheist buses are all over London and some other big British cities by now, with a large ad running down the sides saying: "There is probably no God. Now stop worrying and enjoy your life." But you have to ask: if the sponsors of the ad, the British Humanist Society, felt strongly enough about it to spend £35,000 (\$50,000) to put the signs on all those buses, why did they only say "PROBABLY no God"?

It's not their fault. Tim Bleakley, managing director for sales and marketing at CBS Outdoor in London, which handles advertising for the bus system, explained that advertisements saying flatly that there is no God "would have been misleading" for religious people. "So as not to fall foul of the code, you have to acknowledge that there is a gray area."

When the complaints rolled in anyway, alleging that the ad was offensive to Christians and that the "no God" claim could not be substantiated, the Advertising Standards Authority ruled that the ads were "an expression of the advertiser's opinion and that the claims in it were not capable of objective substantiation." For a non-theological organisation, the ASA is pretty sharp.

Never mind all that. The real question is: what did the British Humanist Society think it would achieve with its ad campaign? It's not as though non-believers in Britain were an oppressed minority. In fact, they're not a minority at all. They are the majority, although you have to read the statistics carefully to realise that.

According to the 2001 census, only 7 million people in Britain said they had no religion, while 37 million said they were Christian. 1.5 million were Muslim, half a million were Hindu, 390,000 were Jedi Knights (there was a conspiracy among younger Britons to mock the process by claiming allegiance to the religion of "Star Wars"), 329,000 were Sikhs, and 260,000 were Jewish.

Those numbers suggest that Britain is an overwhelmingly Christian country, with under 20 percent of the population non-believers. Yet three-quarters

of the people in Britain do not go to church even once a year. On an average Sunday only 6 percent of the population is in church, and that figure has been dropping at 2 percent per decade since the 1970s. Something doesn't add up here.

When the International Social Survey Programme conducted a more in-depth study of religious belief almost 20 years ago (1991 and 1993), it asked people if they agreed or disagreed with the statement "I know God exists and I have no doubts about it." In Britain, only 23.8 percent of people said they agreed.

That's a normal number for Europe. In that ISSP poll, most European countries only registered between 20 and 30 percent for confident belief in God, although Italy struggled up to 51 percent, Ireland reached 58 percent, and Poland got the prize with 66 percent believers.

What is happening is that people in Britain and many other countries are answering the census question about religion in terms of their cultural heritage (which is, in most cases, Christian), not of their actual beliefs. It all depends on how you phrase the question, but the official figures are misleading. Actual levels of religious belief in Europe are very low.

Moreover, the collapse in belief is continuing, with the youngest least likely to identify with a religion. A MORI poll commissioned by the British Library in 2007 found that nearly half of teenagers in Britain were atheists.

This fits in better with what you actually observe from day to day in most European countries. People are no less moral than they ever were, but religion is simply absent in daily life in Europe, at least compared to the United States, where it seems omnipresent. Yet here's a strange thing: the very first place those bus ads came out was the United States.

The idea started in Britain, but the American Humanists moved faster. Their ads appeared on buses in Washington, DC, in November, saying "Why believe in a god? Just be good for goodness' sake" — and there was little public outcry. Maybe the United States is not that different after all.

The United States, we are constantly told, has a level of religious belief almost as high as Iran's, and every Gallup poll since 1944 has reported that at least 94 percent of Americans "believe in God or a universal spirit." But look at that question. If you had any lingering guilt at all about having abandoned your ancestral religion, you'd say yes to that, wouldn't you?

When the ISSP asked its much more rigorous question, only 66 percent of Americans



The controversial Atheist Bus Campaign was paid for by public donation. It was the brainchild of its founder Ariane Sherine. Advertisement cards are also due to appear in the London Underground from 12th January. (Photos: Jon Worth / British Humanist Association/atheistbus.org.uk)

agreed with the statement "I know God exists and I have no doubts about it." That was almost twenty years ago, and it's

very likely that the level of belief has fallen since.

The United States is not the same as Europe, but it is not in-

vulnerable to the same trends. Which may be why President Obama, while rhyming off the roll-call of America's religions

in the time-honoured fashion in his election-night acceptance speech, for the first time added "and non-believers."

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### Portuguese anger at labour dispute

SIR, As a forty year, now retired, veteran of the international oil and gas industry and also with some experience of the, now infamous, Lindsey Oil Refinery I enjoyed your excellent article 'Portuguese Anger at UK Strikes'. It proved to be an interesting read, not just for the factual information it contained about the dispute but also for the seeming contradiction it highlighted of the Portuguese attitude to this situation.

Firstly I should point out the practice of a foreign company totally staffing a project with foreign labour is, indeed, unusual, be they EU or non-EU citizens. The normal practice is for the contractor to import its own specialists, engineers etc. and then recruit the skilled and unskilled workforce locally. The current situation could never have occurred, of course, if the imported workforce had not been EU citizens. They wouldn't have got work permits in the first place! So from a UK workers point of view one can have sympathy with their grievance. But, the foreign workers involved being EU citizens, can work anywhere within the EU, allegedly. (If you're English, try getting a job in France!) So sympathy is also in order for these people who make up the other half of the equation.

To my point. The indignant posture of the Portuguese over this matter necessarily generates a wry smile. The Foreign Minister and the Ambassador to London became greatly exercised over the perceived injustice perpetrated on their countrymen by the English. Even suggesting security measures

be put in place to protect them from their nasty Lincolnshire counterparts. What nonsense! On the other hand, they seem very happy to have tens of thousands of Brazilians, Angolans, Mozambicans, etc. (any Portuguese speaker will do), mostly illegal immigrants, working in Portugal for sometimes half the prescribed national minimum wage, while this country's unemployment figure rockets upwards past 10%. Me thinks Sr. Amado protests too much! The Portuguese are on rocky ground pontificating about employment law.

MIKE TOWL, Lagoa

### The Portuguese NHS

SIR, I am writing regarding the letter published by Ken Shaddick from Bristol, in *The Portugal News* (10th Jan.). I am happy to know, as a Portuguese doctor, that Ken was treated, during his acute illness, in the Heart Care Unit of Faro Hospital, with the best care that (according to him) he could not have obtained anywhere. I wish him a speedy recovery back home in Bristol.

A joint report, published some years ago, by the UK Royal College of Physicians, the Royal College of Surgeons and the British Cardiac Society, came to the conclusion, that 37% of all Portuguese heart attack victims are seen by a cardiologist within one hour of being admitted to hospital; in Britain the figure is 21%. The report, published in the *European Heart Journal*, found that 91% of Portuguese patients receive an Electrocardiogram (ECG) test while the figure in the UK was 89%. The research was based on an analysis of

admission of heart failure patients to 115 hospitals in 24 countries during a six-week period.

Portugal's overall system of health-care has been ranked 12th in the world (amongst 191 countries) - ahead of those of the United Kingdom (18th), Germany (25th) and the United States (37th) - by the World Health Organization (WHO). In the study France is in pole position.

Recently the WHO praised the efforts of the Portuguese NHS for being "amongst the world's most successful in reducing infant mortality". Portugal, with this placing, is said by UNICEF to be a safer place to have and raise a toddler than in countries, such as Britain, the United States or Germany!

Finally, I think, all visitors to Portugal can use the Portuguese NHS with confidence; it is cheap and good.

DR. FRANCISCO RODRIGUES, GP, Algarve

### The good and the not so good

SIR, May I through your letters columns say a very big public "Thank you". A year ago I was diagnosed with cataracts by an Optometrist in England, and was also advised that I would be nearly blind in 9-12 months. Upon arriving back in Portugal where I have been resident for the past 24 years, I went to see my doctor who gave me the appropriate papers to see the Consultant of the Ophthalmologic department at Portimão hospital in September 2008.

Where upon the Consultant advised me that he would remove the cataract on my right eye, on December 10th and on February 4th 2009 he operated on my left eye, which has subsequently restored my vision to near normal. The purpose of this pre-amble, when one hears so many opinions of a negative nature from both Portuguese and foreign residents concerning the Barlavento Hospital, and being very positive I would

like to say THANK YOU, THANK YOU, THANK YOU to Dr. Jorge Correia, and his wonderfully kind and considerate team of nurses and assistants, where everything runs like clockwork.

What a pity I cannot say the same about Faro Hospital. My wife who has excruciating back pain was referred to this Hospital over a year ago. To date has received no communication as to the possibility of the first consultation or even recognition that they have received either the first or the second communication from the Centro de Saude in Lagoa. How I wish we had a Neurology Department at the Barlavento Hospital in Portimão, I am sure they would be able to do better than Faro have so far done.

JOHN C. BADRICK, By E-mail

### Help our campaign

SIR, The sentiments of Maureen from Albufeira, in her letter of 17th Jan., would be a great help in our campaign to better the conditions in the Municipal Kennels. Portimão having always been the worst. It is possible she does not want to publish her name, but I would be grateful if she would contact me personally.

BRIDGET HICKS, President, Lagos Animal Protection Society, Monte Ruivo (Nr. Odeáxere) Tel. 282 687 334

### Unusual jobs and words

SIR, I am sure that more people would read J.A. Rust's often informative and entertaining letters if he didn't use so many obscure words - or phrases like 'unacceptable exiguous votation'. I know that my command of the English language is receding in lockstep with age related memory loss but I doubt whether I have seen 'exiguous' in print more than a couple of times and, like the compilers of my hefty Webster's Dictionary, I have never come across 'votation'. Even

the OED doesn't mention a more up to date occurrence of its use than 1877. I presume the phrase is a word maven's way of writing that there would be an unacceptably low turnout on polling day?

John Clare, after putting the luckless Mrs. Cox in her place over how expatriates should behave in Portugal, tells us that he has lived and worked in 44 different countries! As he grew up in the 60s he has accomplished this in a remarkably short time, especially if he studied for a degree and didn't start work until well into his 20s. That is not what intrigues me though but rather what he did for a living? A troubleshooter for a large multinational corporation? Was he unable to stick to one job for more than a year or so? A professional hit man, perhaps? Maybe he is on the run from the Mafia or in a Witness Protection Scheme? The possibilities seem endless and I do hope it turns out to be a bit unusual and not just a travelling salesman or something equally innocuous.

RONLAVERY, By e-mail

### Letters Page boring

SIR, As an Anglo-Saxon, nor (therefore?) as a person with an inbred urge to impose eccentric or otherwise dotty ideas or views on unsuspecting newspaper readers by addressing the Editor, I must now put fingers to my keyboard myself, to air my concern about the fundamental change of content that seems to be taking place in the 'Letters to the Editor'. I must apologise in advance for seeming to address Anglo-Saxons, but they are without doubt the majority of letter writers here referred to. My alarm, and unfortunately my criticism, stems from the fact that lately an increasing number of letters and covered subjects seem to have become more 'ordinary', boring, and are rapidly losing their loony appeal and what I might endearingly regard as typical Britishness.

Yes indeed; we still get the occasional person to write in to thank a waiter for a wonderful service given at a local restaurant, rather than using the energy to write to The Times about the appalling service one receives 'at home'. Just as I spotted this week a rather incomprehensible piece about birds in cages in this country, from somebody who obviously never went to a British bird show or even suspects that the British also keep birds in cages. But the reply from the person who reacted to the view that we are 'guests' in Portugal, by virtue of being foreigners, was certainly too down to earth to have merited space in your pages.

What could have befallen letter writers like the American lady who used your pages to sternly compare Portuguese (dare I repeat this in writing?) laziness to the wonderful, financially rewarding industriousness of her fellow Americans? And what happened to discussing the evilness of Brussels? Unless, of course, the negative local ruling the author writes about, should have been applied in favour of the writer. Saying in effect that Brussels is good. Bah; that's boring! Or to complaining that with pensions down we can now only eat out twice a week, wonderfully and subtly insulting those in the UK who can not even afford to eat out once a month? Having to read about someone merely missing out on fuel cost support while living in Portugal (such a stress!) is decidedly boring. And yet another diatribe about the inefficiency of Por-

tuguese police. Boring, boring, boring!

What about the excommunication (by you - shame - not by the Pope) of Ranting Ron, who seems to feel that his God is not mine, (or the other way around, I can't remember exactly), and those wonderful purple faced people who obligingly rise on cue to his provokingly bent arguments? I hope he (or maybe even she) is, or will, return to your pages, sneaking in under another alias if needs be, bless him/her, and entertain us again with more of his/her brand of loony controversy.

I beg of you, stop boring us. Bring back the excommunicated. Don't select boring letters ever again. And, most of all, don't print any more letters that make sense. Let this be the last one.

RICK WETERING, By e-mail

*The American lady you refer to is, I suspect, our correspondent, Pat Westhiemer, who has in fact been on vacation and returns with her (own) column in this week's edition. 'Ranting Ron' a.k.a. Ron Lavery coincidentally has a letter in this week and has not been 'excommunicated'! (You may be thinking of James Ross, from whose letters we are indeed having a temporary sabbatical so that other opinions - boring or otherwise - may be expressed within the limited space that we have.) Ed.*

### Discrimination of non-residents

SIR, I am pleased to read your publication regularly when I stay in the Algarve. I am a 'non-resident' domiciled in Germany and Switzerland. I own properties here used for holidays by friends or family members (not commercial). I am a little confused about the information printed in your newspaper regarding the non 'Residents fiscal Representation'. There was a news report in The Portugal News, dd. 7.2.09, p. 7 by Dennis Swing Greene informing again of the fact that "non residents owning property must designate a resident or service entity to serve as a fiscal representative to fulfil tax obligations".

On the other hand I also found in your newspaper (TPN 5.7.08) a report entitled "EC tells Portugal to end the discriminatory taxation of non-residents".

Because of the contradictory information I sought more detailed information via the Internet from 'Europe Direct' Consumer Service in Brussels. Europe Direct reports there has been a statement issued from the European Court which suspends this kind of discrimination of non-resident European foreigners in Portugal. Maybe the statement is hidden in one of the desks of the Portuguese Government?

The statement should hopefully stop further discrimination of non residents. I have the impression Portuguese managers and authorities having big problems with a 'unified Europe' with regards to the thinking and handling. EC directives are ignored all the time (every edition of your newspaper reports about a case) and only occur after threats from the European Court. But the Portuguese authorities are brilliant and European Champions at taking money for their investments out of European Funds (this is tax money from other European countries.)

FRIEDRICH K. HARTMANN, Alvor

## Portuguese for Beginners

Emília Rosendo

137

THIS LESSON:  
Verb "*poder*" in *Préterito Imperfeito do Indicativo*

Today's lesson deals with verb "*poder*" in "*Préterito Imperfeito do Indicativo*" (could/might).

Eu podia ➡ Tu podias  
➡ Ele ● Ela ● Você podia  
➡ Nós podíamos  
➡ Eles ● Elas ● Vocês podiam

① Put in the "*Préterito Imperfeito do Indicativo*" of the verb "*poder*".

a) - (tu) \_\_\_\_\_ ajudar-me aqui com este complicado exercício de Matemática?

- Sim, claro. É só um segundo.

b) Durante o período da ditadura, os cidadãos não \_\_\_\_\_ manifestar as suas opiniões contra o severo regime opressor.

c) Antigamente, as crianças \_\_\_\_\_ brincar em total segurança no parque da cidade.

d) O chefe disse que nós \_\_\_\_\_ entregar o relatório final dentro de cinco dias úteis.

e) Durante a sua juventude, a minha amiga

Teresa nunca \_\_\_\_\_ sair conosco à noite porque os pais não permitiam.

f) - (você) \_\_\_\_\_ falar um pouco mais devagar? É que eu não consigo entender nada do que estão a dizer!

- Desculpe-nos. Vamos tentar, então!

g) O autor deste artigo de jornal sublinha que, hoje em dia, o ser humano \_\_\_\_\_ ser menos materialista e que todos os países \_\_\_\_\_ contribuir mais seriamente para um meio ambiente limpo e saudável.

h) Ontem à tarde eu apanhei a roupa do estendal porque, pela aparência das nuvens, \_\_\_\_\_ começar a chover a qualquer momento.

i) - (você) \_\_\_\_\_ indicar-me o caminho mais curto para o centro da cidade?

- Sim, com certeza.

j) Durante a minha infância, sempre que o tempo estava bom, \_\_\_\_\_ ir passear com o meu pai na praia.

l) Quando a família Pereira vivia no campo, todos \_\_\_\_\_ fazer coisas que agora, vivendo na cidade, já não podem.



# Winter Blues

Before I start I feel I must just qualify what I have said many times before. At no time have I said that I am trained as a Vet, Breeder, Dog Whisperer or Dog Trainer. In a former life I was legally and business trained. I always suggest that a qualified Vet or any other help needed is contacted and have many contacts available on the web site. I am just a 'person', a person who cares deeply about my dogs. Equally, I am available to help anyone with a doggy problem at any time of the day or night as many know. My Doggy knowhow has been gained purely through 'the University of Life', along with hours of study. I have been driven to this study via books and the internet purely to help my own dogs live the pain free quality of life, that they deserve. Dogs offer, in turn, unconditional love, companionship and a 'reason to be' for many of us. I must also add that I work from home, my dogs are always with me at my feet, they are NEVER left on my land if I am out. They do not annoy the neighbours. My dog that barks (10 mins in 24 hours some days — never at night as he is with me) is my rescue dog (coincidentally

the only other dog we have ever had that barked was a rescue dog). He arrived with us 2 years ago, after a tough start in life, through consultation with people who know more than I, we are told we will never erase all his demons. We have managed to erase 99% of them, we have done this purely with love, training and much thought, he is now a lovable, devoted and adoring dog.

All my articles are written after you, the readers, have asked the questions and I have done research, if I cannot answer I refer to a specialist who can. The articles about my own dogs are written after you, the readers, have requested them. We all do the best we can for our own dogs and others.

So the winter blues, SAD or whatever we like to call it seems to affect our 4 footed friends as well. Several folk have contacted me over the last few weeks with questions about their dogs. Doggies are not rushing about as much, not eating as much, changing the eating habits, for example taking all day with the food bowl rather than eating in one meal. Not wanting to move off the favour-

ite bed or chair, sleeping a lot, perhaps more than usual, refusing to go out. Well, dare I say I can relate to all of that in the weather we have had recently.

First we must decide whether there is a medical reason for the above. I think we can all work out whether we need to visit the Vet. Yes, I have taken my dogs to the Vets with the vaguest of symptoms, losing weight, temperature, just not quite the normal nutty dog. Sometimes it is nothing, sometimes there is a problem. It is the call of the owner of the dog as you know the dog so well. If you are at all suspicious march them off to the Vet.

I have actually been thinking back to when I lived in the UK, in those days I had just Lennie and Sandy and occasionally Maisie. In the winter they all went into hibernation. A suggestion of a going for a walk in the rain was frowned on, yes we 'dragged' them off to the forest at times but they were never keen. In fact Lennie was a master of managing without a garden visit during inclement weather for 12+ hours. You could coerce, coax but if raining, he hated it. I must actually add that both Lennie and Sandy loved a river or dam in the summer and were in them fast, it was just the cold and rain they hated.

In this house over the last few weeks I have owned three coach potatoes, not dogs. Through choice they remain inside curled up on their bed or a chair. Three of them are eating much less. As I write the PWDs have decided on no breakfast, they had a very late tea last night and obviously

do not need it. The reason they eat less is really because they are doing much less, they do not need the energy. They are obviously much more sensible than we humans who tend to eat more when shut in, cold and wet!! Cassie, the puppy, is eating as much as ever, putting on weight and races around the house or garden, rain does not bother her and in fact the lawn is far more exciting when covered in water and mud. Even more exciting to drag the mud into the house on those huge paws, I have given up bath for her and now have a sludgy brown puppy.

So, my layman's advice would be to just let them decide. Once our weather returns to its normal they will be back to enthusiastic walks, using more energy and eating more. If you remember the same thing happens when it is very hot, they again slow down and need less food. Their bodies obviously tell them what they need, some will eat like a horse whatever, other's will not. Sandy always enjoyed her food, her life revolved around her 'inset' clock of meals and she would be sat by that bowl whatever. She continued to eat well right up till her death.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death. All our advice is given freely and in good faith. Please always discuss any pet problems with a qualified veterinary surgeon or other professional.

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Jan Cobley

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Simba

Simba is a beautiful young tibetan spaniel pure breed. He shares ancestry with the pekingese The Pekingese or Peke, Pekinese dogs are also referred to as a "Lion Dog" or "Foo (or Fu) Dog". He is very clever and loyal to his owner. He is a little "circus" dog as he likes to play and run around. He loves people and jumps on your lap whenever he has the chance. He loves being around people! Simba is very young (maybe 2 years old), and is a very good dog and will make a good companion. He is house trained and will bark to warn you of the presence of strangers. It took him 2 weeks to settle down with us at the Santuário dos Burros in Estômbar, but Simba is a lap dog and we here do not have enough time to look after him as he deserves. Simba has been wormed, deflead, vaccinated, castrated and is worth a visit! Call Valérie 913 860 865 or 282 342 823 (evenings) or send an email to [lili10.evann@yahoo.fr](mailto:lili10.evann@yahoo.fr)



Before the operation - notice the enormous tumor between the front and hind legs

walk. We had her operated and now she appears to be a lively, affectionate dog. She will still live for a quite a few years and we would like those years to be good, in a home, not in a shelter. Anyone?

[www.bianca.pt](http://www.bianca.pt) / [sesimbra.bianca@gmail.com](mailto:sesimbra.bianca@gmail.com)



After the operation

Lady is a Portuguese perdiguera abandoned by her owner, a hunter, at the shelter of Bianca after 12 years of faithfully service. She had the biggest hernia the vet has ever seen that probably took years to grow. She nearly could not

## HAVE YOU HEARD OF SNOW NOSE?



This was brought to my attention by a friend, whose dog suddenly started losing the black pigmentation on her nose — thank you "Millie".

Snow nose is a loss of pigmentation from the nose, also known as hypopigmentation, with the nose changing from a normal black to a light brown or pink colour. No real need to panic though because it is not usually associated with any disease. Although if the nose crusts, or the areas develops sores or discharge, or your dog starts sneezing or wheezing you should get it checked as soon as possible by your veterinarian, as these symptoms as well can be associated with certain diseases.

The condition generally occurs on the lighter coated breeds, and don't worry as the colour change is not a permanent one, unless in an older dog, the colour should return once sunlight levels increase.

Common thought is that it is the result of the lack of sunlight during the winter months, take care though, if your dog does suffer with this condition, please treat the area with sunscreen if they are going out and about on a very sunny day, as it could be prone to sunburn! Other thoughts are a deficiency of B vitamins, or a possible allergy to plastic — plastic dish dermatitis. So you could try removing plastic dishes and replacing them with stainless steel, ceramic or glass bowls.

I would like to thank Millie's owners for their research on this matter and wish Millie the best for the return of her lovely black nose!

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death. All our advice is given freely and in good faith. Please always discuss any pet problems with a qualified veterinary surgeon or other professional.

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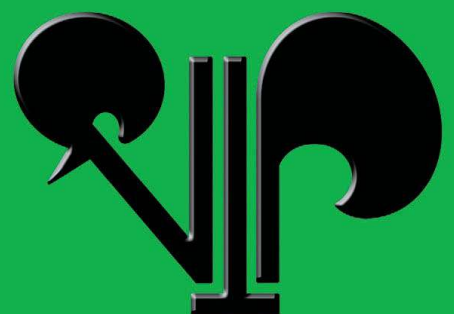
The Donkey Sanctuary in Estômbar is hosting 124 dogs, 49 cats, 10 donkeys, 2 mares and 1 mule at the moment. If you have unwanted blankets, leads, collars, beds, kennels and/or medicine for animals, you can help an abandoned animal. You can give items to one of our charity shops or Call Valérie 913 860 865 or 282 342 823 (evenings) [lili10.evann@yahoo.fr](mailto:lili10.evann@yahoo.fr).

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# 'afpop Matters'



afpop, Portugal's largest Foreign Resident's Association, has negotiated for its Members a new Benefit with the retail supermarket MAKRO.

Historically only those people in business could hold a Makro card, which gives access to many goods which are not for general sale elsewhere, with the cost of shopping at Makro often being far cheaper than in other stores.

Under this new agreement, afpop Members are now able to apply for a Makro card simply by virtue of their afpop Membership, whether they are in business or not.

Sr. Fernando Ruas, Manager of Makro at Guia, explains: "Since assisting afpop with their Road Shows in December last year, we are delighted to be able to strengthen the link with the Association which provides services to one of our important markets, the expatriate customer. My colleagues and I look forward to welcoming afpop Members to Makro."

afpop President Christopher Stephen, pictured here with D<sup>a</sup> Conceição Alves of Makro and afpop staff member Sofia Fernandes, says "afpop is always seeking to improve the Benefits to our Members, both in the range of the Benefits and the value of them individually. By negotiating agreements for our Members, afpop continually broadens its appeal and relevance to the Foreign Resident community and I congratulate Sr. Ruas on recognising the value of the afpop Membership."

To apply for their Makro card, afpop members need only to visit the store with their Fiscal Card, Passport and proof of address (a utility bill or bank statement) and of course their valid afpop Membership card and the reception staff will be pleased to assist with the application.

Anyone who is not already an

afpop Member and who wishes to take advantage of the Benefit negotiated for Members, can apply at the afpop office (details below) or on line at their website [www.afpop.com](http://www.afpop.com)

Further information about afpop, as well as about these and other afpop activities, may be found on our website [www.afpop.com](http://www.afpop.com); from our office on telephone 282 458 509 or email [info@afpop.com](mailto:info@afpop.com).



afpop president Christopher Stephen and staff member Sofia Fernandes hand over a copy of the afpop Membership card to the head of reception at Makro, D<sup>a</sup> Conceição Alves.

## East Algarve Walks



Every Tuesday & Friday mornings.

For more information  
Call 913 595 868.

[brian@moonlightservices.eu](mailto:brian@moonlightservices.eu)  
[www.moonlightservices.eu](http://www.moonlightservices.eu)

## Lets walk through Orange Groves

**Saturday February 14th**

A very easy walk (entirely flat) of just over 2.5 hours through orange groves and countryside passing ricefields on the way.

10.30am start - meet at the

station in Poço Baretto, the village is between Silves and Algoz with the station on the right (if coming from Silves) and a cafe on the left.

## Lets walk along the Odelouca Valley

**Wednesday February 18th**

A moderate walk of nearly 2.5 hours through hidden valleys, with magnificent views over the country side to the sea. This is a walk that is a must - it is so beautiful!

10.30am start - exit the A22 for Monchique, drive north and at the roundabout at Porto

de Lagos go right towards Silves. Drive for about 4km when you cross the river, just after this you will see an old blue house on the right - make a left turn opposite the house. Drive up for 100m when you will see a cafe (no name) on the left - meet here.

There is no need to book please just come along with some water and a sense of humour, there is a charge of €5 per walk.

**Walk organiser: Julie Statham 965 753 033**

## Muddy Cogs Bike Ride

Weekly tours around 30km. Every Saturday at 12.45pm at Bikeland on the 125 (1km west of Quatro Estradas roundabout, west of Almoncil). Depart at 1pm prompt.

€5 per person/week (pay as you go, no joining fee). Bike hire available.

Contact Paul Beesley to book and for additional information including rules on 913 226 954 or [paul.beesley@sapo.pt](mailto:paul.beesley@sapo.pt)

## Bowls Algarve

### One to one car hire league

Sadly the Eurocooling Thursday League was totally washed out for the third week, causing a fixture pile up and headaches all round. Things were a little better this Saturday as all One to One league fixtures went ahead despite the damp conditions and threatening skies!

The new PDF carpet was used for the first time when the Gladiators arrived to do battle with the Sinners. The Gladiators obviously enjoyed the experience and did their championship aspirations no harm at all by winning away by 58-51 and taking six points to two. Over at Albufeira, the Cats were at home to the PDF Crusaders. The three matches were all close, but the Cats came out on top in all of them to take the full seven points by 56-44. The Alvor Greens hosted Tavira Tigers and continued their good run of form with a comfortable 65-34 victory and seven very welcome points in their own title quest. Tavira Titans took on the Wanderers at Tavira but unfortunately the Wanderers only arrived with two triples and were penalised points and shots as a result. The Wanderers did win one of the games played but lost overall 41-35 and Titans took five points to two.

So Harlequins slip off the top

of the table and the Cats resume their leadership with 58 points, whilst the Greens have 54 and the Gladiators have 52. Harlequins remain on 49 points and the Titans improve to 42, closely followed by their stablemates the Tigers on 41 points. Crusaders now have 37, Wanderers are on 36 and Sinners remain bottom on 22 points.

### Eurocooling Thursday league

The bad weather has played havoc with the Thursday fixtures, however we have begun the process of catching up and a series of games was played last Sunday (9th) at Albufeira, which were postponed from 15th January. PDF Panthers claimed another good victory, beating Alvor Aces by 52-33 and six points to nil, boosting their title hopes. Alvor Diamonds were beaten for only the second time this season, by the ABC Braves who triumphed 48-24 and six nil on points. Chieftains and Tavira had victories awarded as Storks and Seagulls from Isla Canela have withdrawn from the League.

With ten matches now played, the Diamonds are still on top with 43 points, closely followed now by Tavira on 41 and Panthers and Braves on 40 each. Aces have 34, as do the Chieftains.

Alan Clarke, League Director

## Learn Bridge at the Hotel Garbe

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"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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**Island Café** is situated at the entrance of Presa de Moura, in Sesmarias, near Carvoeiro and offers American casual dining in the relaxing atmosphere of their new, modern restaurant. The restaurant has an airy 'garden' feel, from the moment you pass the many plants on your way in, to the very large open windows leading onto the terrace. Your host Tony Trinder says his brilliant staff will serve up-market American food which is exceptionally good value. The wine list offers a very good selection and there is a separate children's menu. There are plans for live music twice a week during the winter and reservations are recommended.

**Shanghai Chinese Restaurant** offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even prepare your favourite special Chinese dish! Just give them time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand Fried Rice. They are easy to find, on the Almancil road going to Vale do Lobo - look out for the fishpond in the front.

**Seattle Style** describes itself as an American Bar and Chowder House and is located on Alvor's harbour next to the Lifeboat Station, overlooking nothing but the river, fishing boats and sailing yachts. As well as traditional dishes from the U.S.A. they offer steaks, seafood, giant prawns and Tex Mex -

served in typically American portions - inside or outside on their large terrace. Children are welcome and there is live music every night. The Bar has Sagres, John Smiths, and Fosters beers, and also Strongbow cider on tap, plus American cocktails and fresh fruit Margaritas are a house specialty. There are wheelchair facilities.

**The Battering Plaice** in Almancil (just next door to the Post Office) is the place to go for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have Haddock, Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a take-away, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.

**Faja Lobi** is in fact an indigenous flower of Suriname and the words mean fiery passion, which is how chef Farida approaches her love of cooking, using recipes learnt from her mother and grandmother. Recently opened in Alvor and believed to be the first and only such restaurant in the Algarve, dishes are largely influenced by Indonesian cuisine, though Farida and her husband Peter are happy to make dishes as spicy or mild as clients wish. There are smoking and non-smoking areas, plus a 'happy hour' between 5pm and 7pm with Dutch and Suriname snacks. Try their Surinam Ricetable available only on Fridays and Saturday.

**Food Passion Catering** for all occasions. From garden parties, wedding receptions, dinner parties to hog roast / BBQ's. English couple with 15 years experience at all levels of food and service. Call 912159813 or 282314276.

## Valentine's Flamed Strawberries & Chocolate

This is a fabulously romantic dish. Serves 2  
100g bar dark chocolate - 70% cocoa solids  
360g punnet strawberries  
4tbsp Brandy or Kirsch  
50g caster sugar  
25g butter  
2tbsp double cream



Place the chocolate in a bowl and place over a pan of hot water to melt. Hull the strawberries and cut in half.

Heat a frying pan over a medium heat and add the strawberries and the brandy or kirsch. Cook for 30 seconds only, then remove from the heat. Light with a match and stand back. Once the flames have gone, remove the strawberries to a serving

plate keeping the juices in the pan.

Put the frying pan back over the heat, add the sugar and butter, and stir together until the mixture begins to caramelise. Lastly add the cream and stir through.

Pour the sauce over the strawberries, drizzle over the melted chocolate and serve immediately.



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## Restaurant guide

### ALMANCIL

**Shanghai Restaurant**  
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Open: Daily 12.00-15.00 & 18.00-23.00  
Rua do Comercio, 94 R/c, Almancil  
Tel: 289 397 642

**The Battering Plaice**  
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Tel: 963 731 736

### ALVOR

**Seattle Style**  
American Bar & Chowder House  
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**Faja Lobi**  
International & Suriname Cuisine  
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## Guys & Dolls, be the centre of attention



What started as a specialist children's shoe shop has flourished into a beacon of style for fashion-conscious boys and girls, now having an equally stylish name, Guys & Dolls. Now is the time to visit to bag a bargain, as well as being amongst the first to see their new Spring collections.

Trendy teens and classy children will love Guys & Dolls, which stocks leading designers clothing ranges as well as stylish (and practical, parents) shoes for all occasions, from names such as LelliKelly, Pom d'Api, Miss Sixty and Catimini.

Shoes in stock include Startrite's specialist footwear, which offer the support that growing feet need and include sizes from babies to teens. There is now 20 per cent off the Startrite school range, so stock up now ready for the next school year.

There is also 50 per cent off many other items including the Roberto Cavalli clothing and footwear range, both until the end of February.

In March fashion will really take off, with new clothing collections filling the shop.

Amongst the soon-to-arrive lines is the 'Roses' range, designed by Madonna, for girls aged 4-10 and which will be exclusively available in the Algarve from Guys & Dolls.

Swimwear for boys and girls

will also be arriving soon, as will the lovely Blau Mari range of cotton and linen dresses for girls.

This will be completed by the usual range of eye-catching footwear, like sandals, glittery shoes, flash trainers and trendy Converse sneakers.

Also making up Guys & Dolls' sizeable stock is a huge range of cards, from bespoke and handmade to humorous and blank, as well as a selection of ribbons, wrapping and tissue paper, bows, party invitations, notepads, classic wooden toys and other gift ideas.

Sweet Petit Bateau giftboxes for newborns make gorgeous gifts (made by the same manufacturer as Harrods' teddy bears) as do any of the popular 'Jelly Cat' soft toys.

Open just over three years, Guys & Dolls is, according to owner Pia Cross, more like a "mini department store than a shop". It



is, in fact, two shops, as the business grew so much Pia had to purchase and knock through to the adjoining premises.

She started out with the intention of offering a Startrite-dedicated service with the objective of properly measuring babies and children's feet and supplying quality footwear.

Guys & Dolls now caters for kiddies' every whim, with style, flare and flourish.

For more information, call: (+351) 289 358 014, mobile 933 326 471, or visit the shop in Almancil on the left hand side (direction Portimão-Faro), 500 metres past Apolónia, just next to the Deutsch Bank. Open Monday – Friday, 10h15 – 13h00, 14h00 – 17h30.

Alternatively, email: pia@guysanddolls.fashion.com.



## Popular Portuguese course re-launched at the Lagos Language Centre



As of Monday, February 16<sup>th</sup>, the Lagos Language Centre will be re-starting one of its most popular Portuguese courses for beginners, so if learning Portuguese was your New Year's Revolution, no matter how long you have lived here, it's never too late to start!

Owner of the long-established Lagos Language Centre (*Centro de Línguas de Lagos*), Maureen McKeeve, explains "this is one of our most popular and enjoyable courses where the emphasis is on having the students speak Portuguese as quickly as possible".

It is a 30-lesson course, with lessons taking place at the school on Monday, Wednesday and Friday mornings, from 11h10-13h00.

It comprises six lessons per week, two lessons each morning.

The course will finish on Fri-

day, March 20<sup>th</sup>, and places are limited to a maximum of eight students on the course, so reserve your place now.

The cost of the course is €250 per student, plus an enrolment fee of €20, valid for one year.

Students will also need a set of class material which costs €31.50 (course book, workbook and CD) and can be bought at the school.

As always, it is also possible to have individual lessons - ideal for people with a limited timetable or who are only in the area for a short time.

One private lesson is €27,

with special discounts offered on sets of lessons.

Lagos Language Centre is currently promoting a special offer where the cost of one private lesson is the same for one or two people studying together - an attractive option for couples, family members, or people from the same company, etc.

For more information on any of the courses available, contact the *Centro de Línguas de Lagos* on tel/fax: (+351) 282 761 070, e-mail: centro.de.linguas@mail.telepac.pt, or see website: www.centrode.linguas.com.

## BONDI BLUE

art elements



Established by Paulo Silva, Bondi Blue is a cool little art shop in Lagos that stocks all things arty, at the best prices. It is where many well-known regional artists, like talented oil-painter David Haines, purchase their materials from, for their quality, diversity, and realistic prices.

The stock comprises oils, watercolours, sketching pencils, charcoal, and paper and canvas, specialist or standard.

A customised framing service is also available, for photos, certificates, embroidery, medals, stamps, and other prized possessions that require professional conservation.

Plain and bevelled mirrors are available, as are acid-free conservation cardboards and mounts,

and gold, silver, antique and coloured frames.

Decorative digital wall canvases can be ordered to decorate entire walls, and delivery and wall-mounting is available for an additional fee.

For more information

call telephone: (+351) 282 768 674, e-mail: info@bondiblue.pt, or see their website: www.bondiblue.pt.



## Stimulate your Senses



Submerge yourself in the sanctuary of Senses and treat yourself to a day of indulgence with exciting new treatments. Having recently been completely revamped, the Senses salon now boasts two treatment rooms, a dedicated manicure and pedicure area, and several new treatments, with many more on the way.

Suzie and Tim have spent their free time wisely these last months, giving their beauty centre a complete overhaul in order to supply customers with an even better service.

To match their improved surroundings, throughout the year Senses will be introducing several innovative treatments, with the finest quality being their minimum standard.

To welcome new clients, and allow existing ones to discover their new range of treatments, Suzie and Tim will be having an Open Day on February 28<sup>th</sup>, offering free Jessica Mini Manicures, free Dermalogica Face Mapping (which determines individual skin types), and dozens of freebies, samples and packs.

For those who do not know Jessica Cosmetics, it is a nail care company which involves unique manicure techniques, taking into consideration the nail type of each individual.

Considered the best nail care treatment in the world, several different base coats can be used specifically for each different type of nail: brittle, damaged, dry or normal.

Are you looking for a natural looking tan but don't have



the time, or helpful weather, to get the look? Senses will soon be able to offer the perfect answer with 'Fake Bake', a manual application fake tan which was considered the best salon tan in 2006, as it provides a natural looking tan without the added risks of skin cancer which some tanning systems might have.

To provide their 250 client base with an exquisite service, a new therapist will be joining the team in March, specialising in reflexology and aromatherapy massages.

Complementing Senses'

new services will be the introduction of Tisserand essential oils and Aromasensation treatments.

The latter consists of an aromatherapy massage with a specific blend to suit one's current mood.

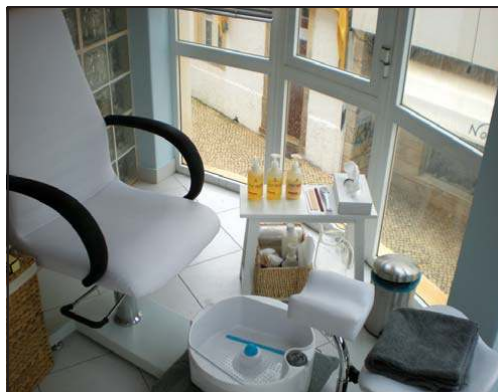
During the treatment the same oils are burnt to create a scent, embracing the client's mind and body at the same time. In March, Senses will be providing the BT Cocktail Facial, voted the best anti-ageing facial by The Times, adding to their bio-platinum face lift. Later on this year they will also be introducing facial peels.

So, for a general makeover or specific treatments, massages, manicures or pedicures, go to Senses' updated skin care and beauty centre and treat yourself to a pleasurable day.

They are located on Rua 1<sup>o</sup> de Maio in Lagos. Open weekdays and Saturdays until 18h00 (20h00 on Thursdays) and appointments can be arranged for Sundays.

For more information please call: (+351) 282 762 261, mobile: 913 275 869 or email: info@senses-skincare.com.

Alternatively, see their website: www.senses-skincare.com





# PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 14 Feb 2009

## PROPERTY OF THE WEEK

### Properties with potential income



Licensed Real Estate Agency Togofor-Homes Lda combines a diverse portfolio of properties with professional customer service and a database of registered clients from around the world. We are proud to showcase two well priced properties in response to the current market situation. This week we look at 'properties with potential income' which can provide the purchaser with a home AND a business or at least source of some further income.

#### Coastal Villa, Ref: S110

This detached modern property offers 2 bedrooms and 2 bathrooms in the main house plus a separate annex containing a 1 bedroom apartment with kitchenette, bathroom with shower and terrace.

With lovely Portuguese detail throughout, this charming villa boasts breathtaking sea views which can be enjoyed from the garden or the conservatories on both floors. Landscaped gardens, a patio with BBQ area and garage make up the rest of the 1,310m<sup>2</sup> plot.

The property is located in the delightful coastal village of Arrifana, a very popular destination throughout the summer with its fantastic seafood restaurants and stunning beach. Less than 10 minutes in the car brings you to the historic town of Aljezur with its local markets and all amenities, alternatively try the neighbouring beach of Monte Clérigo, hugely popular with families, beach lovers and surfers alike.

**Reduced to €290,000**



#### Country Villa, Ref: S689

This charming country estate comprises 3 properties, all fully renovated to a very high standard. The first villa is semi-detached with 3 bedrooms, 2 en-suite bathrooms and 2 shower rooms. The second villa is detached and offers 2 bedrooms and 2 bathrooms. Both villa's have living rooms, terraces and fitted kitchens.

There is also a studio with living room, shower room and mezzanine. All the properties have air conditioning and double glazing. The generous 5,430 fenced plot includes a heated salt water pool, gardens and fruit trees.

Ideally located in the heart of the Algarvian countryside, from here there are divine countryside views to emphasize the peace and privacy which is all around. Local amenities are only a short drive away in historical Silves with the beautiful Monchique mountain range and local golf courses also close by.

**Reduced to €450,000**



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E-mail: [info@togofor-homes.com](mailto:info@togofor-homes.com)

## Make the airport your shop window

1,000's of copies of The Portugal News are distributed at Faro airport every week to arriving and departing passengers. An estate agent's window can't beat that for property exposure!

To advertise on these pages, please phone Bella Talhadas on 707 500 677 or 914 393 736





## LARGE FAMILY HOME FOR RENT IN ALMANCIL

500+ sq metre 4bed/6bath unfurnished Vila to let in a quiet and secluded area of Almancil.

The Vila is on 3 floors with a modern fully fitted kitchen, an enormous Master Bedroom and Bathroom suite and is wheelchair friendly with access to all 3 floors via an Elevator.

This is a comfortable warm family home with under floor heating, a fireplace in the kitchen and a huge bonus room/playroom/party room in the basement. Large fully enclosed walled garden with pool, garaging, BBQ terrace, plenty of storage and a producing orchard.

The Vila has recently been fully decorated, is close to schools, shops and all amenities and 10 minutes away from the beach.

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**Philip Dias**

consultor  
imobiliário  
property consultant

Gov. Lic.  
AMI 2196



**VILAMOURA**  
Ref. V92381

4 bedroom detached villa within a charming & mature area of Vilamoura. On a cul-de-sac, just 15/20mins walk to Marina & beach. 234sqm constr. area. High quality finishes. Fully fitted kitchen. 2 en suite bedrooms. A/c. Ample living room w/ separate dining area. Private garden w/sw. pool & lovely BBQ area. Directly facing Pinhal Golf Course. Basement w/wine cellar, games room & small office. Garage for 1 car.

Price: € 795.000



**VILAMOURA**  
Ref. MG82266

3 bedroom semi detached villa excellently located on very quiet & residential area, approx. 10mins walk to Marina in Vilamoura & beach. 600sqm plot w/ 218sqm constr. area. 3 en suite bedrooms. Large living/dining room w/ open fireplace. Carport for 2 cars. Landscaped garden w/ sw. pool & BBQ area. Possibility to use a tennis court next to the villa. Great investment, good letting potential.

Price: € 475.000



**PARRAGIL**  
Ref. V82192

4 bedroom detached villa excellently located on very quiet & residential area, approx. 4km from Boliqueime & 15mins drive from Loulé. 750sqm plot w/451sqm constr. area. Fully fitted kitchen. Top quality finishes. Electric shutters. Solar panels. Pre installed for A/c & alarm system. Private garden with swimming pool. Great panoramic sea view. Under construction. Great investment.

Price: € 690.000



**PARRAGIL**  
Ref. T82375

2762 sq.m. plot. Project approved to build a three bedroom detached villa with 316 sq.m. of constructed area and swimming pool. Excellently located in a very peaceful area near the village of Boliqueime, approx. 4 minutes drive. Great accessibilities to all main roads. South facing with panoramic sea and country views. Investment opportunity.

Price: € 256.000



AMI 7557

A selection  
of our properties

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**Vilamoura**

1 Bedroom 'fully furnished' luxury apartment located at the exclusive Hilton Hotel in Vilamoura. The apartment offers air-conditioning, ultra-modern kitchen, bedroom and bathroom. 6 x Heated Swimming Pools, Tennis Courts, Gym, Bars, Restaurants and the largest Health Spa in Portugal!!  
Price: € 459.000



**Almancil / Vale Formoso**

Luxury 2 Bedroom 'Fully Furnished' townhouse located on a small condominium of only 12 villas with use of Tennis Courts. Within 5 minutes drive of Quinta do Lago and Vale do Lobo beaches and golf courses.

Price: € 345.000



**Vilamoura**

Beautifully renovated 4 bedroom townhouse on a well kept condominium overlooking the Old Course golf course with air-conditioning, under-floor heating, modern kitchen and large lounge with wood-burning fireplace and children's separate games/TV room.

Price: € 450.000



**Vilamoura**

Beautiful 4 Bedroom / 3 Bathroom renovated detached villa offering private swimming pool, roof Jacuzzi, & games room. Located in the 'Old Village' and due for completion March 2009.

Price: € 725.000



**Vilamoura**

Large 8 Bedroom / 9 Bathroom detached villa with private swimming pool on a large plot of 1200m2 within 5 minutes walk of the marina. Great yearly rental income!!

Price: € 595.000

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**Goldra, Loulé**

- Well maintained villa
- 2 bedrooms 1 bathroom
- Annex + shower & sauna
- Roof terrace, good views
- Pool, terrace, barbecue
- Villa 220m² plot 1.500m²

Ref. V202  
Price: € 288.000



**Espinhal, Penela**

- Unique spacious house
- 3 old cottages restored
- 4 bedrooms 3 bathrooms
- Lovely area, great views
- Patio, terraces, jacuzzi
- Villa 253m² plot 500m²

Ref. V708  
Price: € 425.000



**São Brás de Alportel**

- Villa + Commercial floor
- 3 bedrooms 1 bathroom
- Long terrace & barbecue
- Business area + licence
- 2 offices, kitchen, bath
- Villa 400m² plot 150m²

Ref. V988  
Price: € 300.000



**São Brás de Alportel**

- Lovely spacious new villa
- Great country views
- 5 bedrooms 3 bathrooms
- Separate basement aptm.
- Pool 12m x 6m + jacuzzi
- Villa 400m² plot 3.980m²

Ref. V1108  
Price Reduced: € 375.000



**São Brás de Alportel**

- Beautiful new villa
- Lovely country views
- 3 bedrooms 3 bathrooms
- Pool 9m x 5,5m, terrace
- Large garage & garden
- Villa 250m² plot 3.150m²

Ref. V1150  
Price: € 800.000



AMI 1278

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**Pestana Golf & Resort**

Luxurious townhouse in peaceful location. 2 bedrooms, 2 bathrooms (1 en suite), lounge/dining room, equipped kitchen. Communal sw.pool. 24-hour security. Central heating. Sat-TV. Close to beaches & Carvoeiro centre. Golfing rights. Furnished.  
Ref. V-327 Price: € 275.000



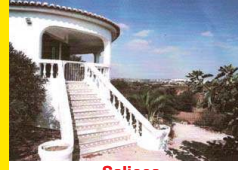
**Centianes / Carvoeiro**

Spacious 4 bedroom villa w/ seaview, close to Centianes beach. Comfortable lounge, dining area, fully equipped kitchen, double bedrooms w/shower/bath en suite, garage, mature garden, sw. pool w/ sun terrace. Ready to move in!  
Ref. V-350 Price: € 635.000



**Near Silves**

Charming detached farmhouse on 1200sqm plot. 2 double bedrooms, 1 shower room, spacious lounge/diner, equipped kitchen, small pantry, large covered patio. Nice garden, A/c, wood burner. Garage/workshop, utility room, space for pool, own borehole. Ref. V-351  
Price: € 269.000 / £ 188.000



**Salicos**

Spacious 3 bedroom villa on cul-de-sac road in excellent location w/ view of Monchique mountains, close to Marinha beach. 300sqm plot. Open plan kitchen, lounge, dining room w/ wood burner, large terraces, easy to maintain garden. Space for sw. pool.  
Ref. V-349 Price: € 445.000



The ultimate in comfortable living at the best area of the Algarve. Panoramic Seaview. 5 bedroom villa of 330sqm, mature garden w/ sparkling pool, modern amenities. Top quality construction. Quick sale to the discerned buyer at a realistic price.  
Ref. V-352





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### Vilamoura

One bedroom apartment composed of  
one bathroom, lounge with dining area,  
kitchen and terrace. Furnished and  
equipped. Communal swimming pool  
and garden area. Exterior private  
parking space. Construction area - 75  
sq.m.

Ref: A1292

Price: € 133,000



### Vilamoura

Two bedroom apartment composed of  
two bathrooms, lounge with dining area,  
kitchen and terrace. Partly furnished  
and equipped. Parking space in the  
basement. Communal swimming pool.  
Construction area - 71 sq.m.

Ref: A1288

Price: € 145,000



### Vilamoura

Villa situated in front of the gold course,  
composed of 4 bedrooms, 5  
bathrooms, lounge with dining area  
and fireplace, equipped kitchen and  
terraces. Garage and storage.  
Swimming pool, garden and BBQ.  
Furnished. Plot area - 408 square  
metres plus green area.

Ref: V12603

Price: € 795,000



### Vilamoura

Spacious villa located in front of the gold  
course, composed of 5 bedrooms, 7  
bathrooms, lounge with fireplace, large  
kitchen, storage, laundry room, BBQ  
and terraces. Carport, swimming pool,  
garden and tennis court. Furnished &  
equipped. Plot area - 4.370 sq.m.  
Constr. area - 465 sq.m.

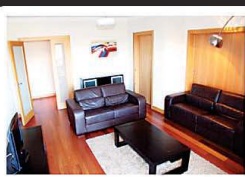
Ref: V12604

Price: € 1,995,000

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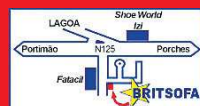
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## Large Family Home for Sale in Almancil

Large 500+ square metre 4 bedroom/6 bathroom  
family home for sale in a quiet and secluded area of Almancil.

**Ground Floor:** Modern fully fitted kitchen, Dining Room, Large  
lounge/sitting room with views on 3 sides of the Algarve scenery,  
and 3 good sized bedrooms, all en suite.

**First Floor:** Huge, stunning Master Bedroom and en suite bathroom  
with large private sun terrace

**Basement:** Playroom/Games Room/ Cinema Room with kitchen, wine  
cellar and built in bar, the basement runs the entire length of the house  
The Villa stands in 1/2 acre fully enclosed irrigated garden with pool,  
return drive with electric entrance gates, mature fruit trees, garages,  
car port and shady BBQ terrace.

The Villa has its own bore hole. Recently decorated to a high  
standard is close to the Shops, schools and all amenities and  
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## Best Priced Properties Across The Algarve

**Monchique, Ref: S190**  
Reduced by 50% to €420,000.

- Spacious 4 bedroom villa
- Plus ruin and wooden chalet
- 11,500m<sup>2</sup> plot, large pool with island
- Ideal for B&B, rural tourism or big family
- 450m above sea level
- Fantastic ocean views



**Porches, Ref: S335**  
Reduced to €550,000.

- Huge detached villa
- Recently renovated
- 4 bedrooms, 3 bathrooms
- 1,011m<sup>2</sup> plot, living area 227m<sup>2</sup>
- Delightful gardens and pool area
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## Best Priced Properties Across The Algarve

**Aljezur/Rogil, Ref: S320**  
Reduced to €395,000.

- Well built ecological country house
- 3 bedrooms, 2 bathrooms
- Large 4,995m<sup>2</sup> plot, wooden house & lake
- Ideal for nature lovers
- Secluded not isolated
- Adjacent plot for sale with coastal access



**Moncarapacho, Ref: S317**  
Reduced to €370,000



- Large detached country villa
- 2-4 bedrooms, 2 bathrooms
- 6,800m<sup>2</sup> plot, living area 255m<sup>2</sup>
- Mature gardens
- Pond & pool
- Great potential, quiet location

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# Low-maintenance life



If you are looking to put new borders in your garden this year but know that you're not going to have much time on maintenance, planting an easy-care shrub border may be the answer.

Shrubs and plants that require little upkeep once they are in the ground as long as in the first season they are watered sufficiently to keep the soil damp in dry weather. Loose mulches should be topped up from time to time, while evergreens and summer flowering shrubs can be pruned in early spring if necessary.

Spring-flowering shrubs should be tidied up immediately after flowering.

Shrubs offering interest over two seasons are particularly useful, such as Mahonia x media, which has yellow winter flowers and architectural, evergreen foliage. Also try Perovskia often called 'Russian sage' - Blue Spire

makes a real statement.

Shrubs are certainly not as boring as they may sound. When choosing shrubs, make sure they are not going to block any view, but use them instead to frame it.

When you decide on a shape for your new border, use a hosepipe to make the shape, then you can modify the curves until you are

happy with it.

Before planting, dig over the soil, remove weeds and add some well-rotted manure to improve the soil, adding some grit if you have heavy soil. Position shrubs, still in their pots, so that you can stand back and view the effects from different angles.

Each shrub should be planted through mulch matting at the same depth as it is in the pot, or cover the soil between shrubs with a 5cm (2in) thick loose organic mulch to keep the soil moist and prevent weeds from invading.

Go for shrubs which will give you all-round interest - evergreens are probably the easiest. Combine Ceanothus thyrsiflorus var. repens with Euonymus fortunei 'Emerald 'n' Gold', Photinia x fraseri 'Red Robin' and Lonicera nitida 'Baggesen's Gold'.

The red photinia leaves and blue ceanothus flowers will provide interesting spring colour, while the hebe has white flowers in summer.

Introduce shrubs which offer all-year foliage, such as the spotted Aucuba japonica or a variegated euonymus, or Acanthus mollis 'Tasmanian Angel' the first-ever variegated Acanthus it grows to about 1m. tall with soft pink and white flowers and replace beds of annuals with shrubs to reduce the amount of time you need to dig up and change plants.

Good, compact, low-maintenance shrubs and plants with a long flowering season include Arum lilies, which make striking architectural plants having large, glossy foliage and from early spring large, white, hood-shaped flowers with a golden stamen protruding, and fragrant patio Roses.

Under taller shrubs and roses plant good ground cover perennials such as Wild Geranium (cranesbill), and take note of the atmosphere you want to create through colour. Hot colours, such as reds and oranges, will bring warmth, while greys and blues will cool down a hot spot.

If you don't want to replant or create a totally new border, buy some specimen perennials to act as focal points in your existing garden, such as Phormium tenax, with its sword-shaped leaves, or Fatsia japonica, which provides sculptural foliage in a shady spot, Cotoneaster for colourful berries and Acer palmatum for a burst of autumn colour.

You should soon be able to sit back and watch your garden burst into life with new colour and texture - without breaking your back in the process.

Hannah Stephenson



## From plot to plate



### Peppers

If you are growing sweet peppers in pots bring them outside as they become impressive enough to accommodate a prime site in a container on the patio and will be a talking point among guests. After the first flowers start to form, feed regularly with a tomato fertiliser. When the fruits start to swell make sure they are well supported and also water the plants frequently, twice a day on hot days.

They should be picked when they are ripe but while the skin is still smooth. Avoid those with wrinkled skins. Fruits store well and should keep for up to ten days in the fridge.

Peppers are sensitive to frost, so if fruits are still developing by September, take them under cover at night.

If you are thinking of growing peppers next year, they should be sown in March, two seeds to a nine centimetre pot, in a heated propagator, or on a warm windowsill, maintaining a constant temperature of 20C. Once the seedlings appear, remove the weaker one and gradually reduce the temperature to a minimum of 14C.

Once they have filled their small pots, place them into two-litre pots of multipurpose compost and then, in June, pot them in five-litre pots. These should be enough to produce neat, manageable plants. When they reach around 20cm high, pinch out the growing tip with finger and thumb to encourage them to bush out.

Good varieties include the red bell pepper 'New Ace' and 'Gypsy', which starts off a pale yellow green and ripens through orange to red.

## Three ways to...

### Mix heathers and conifers

1. Don't let the heathers grow into the conifers as the foliage of both will turn brown.
2. Place mixed beds of these plants in an open situation in full sun with well-drained soil which is moisture-retentive and acidic.
3. Mix flat-growing conifers with heather throughout the bed to provide winter foliage colour and dot more upright conifers through the planting to add shape and texture.

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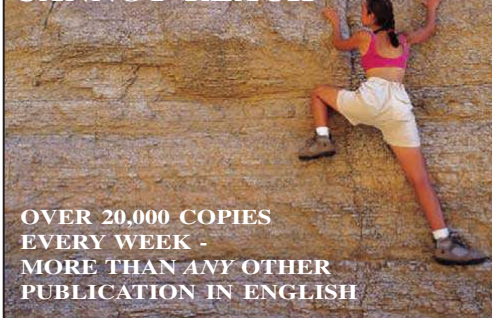
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# Love takes you home

Romantic rooms aren't just for Valentine's Day - turn on the hearts and flowers to inspire wooing or just because you've fallen for the style.



True romantics will argue that Valentine's Day, while fun, is not the most romantic day of the year.

They believe the real 'aahh' moments are the spontaneous ones that make you realise you're truly with your soul mate.

It's usually when the person you love has done something touching, quirky, sweet or funny, rather than handing over a predictable bunch of flowers and a soppy card.

That said, there's surely nothing wrong with making your home a place where - if love comes knocking - it's welcomed by indulging in some heart-warming touches.

You could add a heart-shaped cushion here or there, some pretty china decorated with pink hearts, or perhaps an attention grabbing LOVE wall print to send out the message loud and clear.

Who knows, it might even encourage those adorable spur-of-the-moment romantic gestures - from compliments through to declarations of affection or undying love.

Even if you're not celebrating 'V' day, some romantically inclined home goodies will help to turn your rooms into the cosy, lift-your-spirits sanctuaries that they should be.

Take your pick from our 'set your heart fluttering' treats for the home.

## Fun & Flirty

If you're just taking your first steps into a relationship, be careful to use a light touch with those romantic home gestures - a room dripping with hearts could be too heavy at this stage!

Drop tiny hints about your feelings by popping a cushion emblazoned with the word LOVE on your sofa. Or just let the heart shape do the talking with the red or cream Valentine cushion.

If you're planning the 'why don't you come in for coffee?' moment, set out a few sweet treats on a heart-shaped hammered silver dish.

## Wooing & Dating

Keep true love on track by surprising him with seductive surprises every now and then.

He'll know that you love his calls if you receive them on a super sexy telephone shaped like a pair of luscious red lips from Graham & Green, it could also make sitting staring at the phone waiting for his calls a lot more appealing too!

You could spell out your feelings by arranging gorgeous gold ceramic LOVE letters on a mantelpiece, or if you're confident love is here to stay, display a red LOVE wall sticker.

Pretty heart-shaped features are perfect for a feminine bedroom. By Gabrielle Fagan

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A couple arguing in front of their two children.

### Readers Tip

If a young child uses a rude word, do nothing. Because your child knows the word's naughty and wants to see your reaction, the less you react the better. If he continues, tell him people don't like those words and you don't want him to use them.

### When is my child ready... to tidy her room?

From being a toddler, children understand what tidy-up time is, and by the age of three or four, most children can do some tidying themselves. When teaching them to tidy up, start small and encourage them to tidy just one area of the bedroom at first. Give lots of praise and gradually make the area bigger until they eventually tidy the whole room.

Pupils enjoying a meal at a Primary School in Cambridgeshire.



## Ask the expert

**Q:** "My 12-year-old daughter was bruised as she tried to stop an argument between me and her dad. I feel so guilty - but ours isn't a violent relationship, she just got caught in the cross-fire of an argument. Are fights like that likely to affect her emotionally?"

**A:** Diana Sutton, NSPCC head of policy and public affairs, says: "Arguments and violence in the home can harm children's lives.

"In fact, more than 300,000 children have been injured trying to stop arguments between adults at home, according to a recent NSPCC survey.

"Although some children may be unaffected by the violence they've witnessed between their parents, some children can carry the emotional scars long after their physical injuries have healed.

"Children who are victims or witnesses of parental conflict and domestic violence are known to be at higher risk of mental health

problems, drink and drug abuse, problems at school, and difficulties with relationships. Without help, some will grow up to repeat the pattern of violence toward their own partners and children.

"However, domestic violence is still a hidden problem and many victims, especially children, are too scared to speak out.

"Society needs to look at domestic violence from a child's point of view. We want the Government to ensure that children who are victims of violence at home are able to seek support, and when they do, that they will be listened to and are able to reach the services they need to help them overcome what they have seen or heard."

### Three ways to...

**stop your house being wrecked during a teen party.**

1. Talk to your teenager and a few of his friends about what might happen and how they should handle it.
2. If an adult's presence

- isn't possible, have a couple of older kids on the door to get rid of gatecrashers and remain nearby and contactable yourself.
3. Rent a hall instead.

## News for parents

**Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.**

**Nearly two thirds of UK parents believe schools shouldn't dictate what they put in their children's lunch boxes, according to new research.**

The Government's School Food Trust (SFT) last year drew up a Packed Lunch Policy schools could use.

But a survey suggests parents resent such intervention, with 64% saying schools shouldn't tell them what to put in their children's packed lunches.

The survey also found that parents had been making healthier food choices for their children since the Government

published its guidelines, which advise that lunch boxes should contain at least one daily portion of fruit and one of vegetables, and should avoid crisps, chocolate bars, biscuits and sweets.

But perhaps educating parents about what's best for their kids and then letting them decide what to put in a lunch box might be the best compromise.

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## Lingerie to love

Get pulses racing on February 14 with flirty lingerie.

Uninspired by the contents of your lingerie drawer? Whether you're a sexy singleton or loved-up spouse, February 14 is the day to ditch the boring daywear undies and indulge in some sexy new smalls.

Whether there's a new man on the scene or not, it's a fabulous excuse to indulge in some dress-to-impress gear.

Make your Valentine's night sizzle with super-hot new lingerie.

### The romantic

**Celeb fashion idols:** Cate Blanchett, Gwyneth Paltrow

The Romantic loves pretty but chic styles in this season's on-trend pale and interesting tones like oyster pinks, peaches and pale mushrooms.

Look for styles accentuated with delicate details that turn a simple bra into a masterpiece - pretty bows, sophisticated lace and feminine ruffles. If you're too modest to flash the flesh in a skimpy thong, consider a babydoll, teddy or silky negligee for Valentine's night.

### Sexy siren

**Celeb fashion idols:** Daisy Lowe, Scarlett Johansson

The Sexy Siren attracts wolf whistles wherever she walks and demands attention in ostentatious, clingy or colourful styles that showcase her body to the max.

If you're feeling daring, boost that vampish appeal with provocative lingerie like peek-a-boo pants or plunge push-up bras.

Suspender belts and stockings may also appeal to your Valentine's siren side.

For the ultimate in sex appeal, opt for bright jewel shades or playful leopard prints to bring out your inner animal.

### Retro pin-up

**Celeb fashion idols:** Dita Von Teese, Kelly Brook

The Retro Pin-up idolises Hollywood icons like Marilyn Monroe and lives for vintage fashion. Their look is all about celebrating curves.

Fuller figured bosoms look their voluptuous best supported by a vintage-style full bra cup. Go for retro lace, velvet or bow detailing.

If you want to disguise a tummy, a retro-style corset or basque is the perfect option for boosting your best assets in the bedroom. Channel Dita's on-stage burlesque look by pairing your lingerie with black three-quarter length gloves.

### Playful seductress

**Celeb fashion idols:** Agyness Deyn, Paris Hilton

The Playful Seductress is childlike in nature and favours fun and colourful prints in her wardrobe.

You love to up the fun factor in the bedroom. Look for cutesy prints in cheeky fruity styles like cherries or strawberries, or engage your romantic side for Valentine's Day with hearts.

Contrast colours and surprise clashing prints like stripes and spots are a great option for you.

# Cupid's beauty bow

Valentine: Get the look of love for February 14.

The day d'amour is looming and even singletons are jumping aboard the love boat. One in 10 are planning to go out on the prowl this Valentine's Day and half of us are planning to glam up for a special night with a partner, according to Max Factor research.

But whether you have a new date or cosy night in lined up for February 14, make sure you're turning up the seduction with your beauty regime.

From red hot lips to come-to-bed eyes, here's how to knock him dead.

### First date fun

It may not be the first date but if you're still in the heady throes of romancing, keep your look fun and flirty for meeting up with the new man on Valentine's Day.

At this stage, it's all about initial attraction and your lips are one big erogenous zone you can't neglect.

"The perfect pout can easily be achieved through wearing a seductive red or hot pink lip shade for irresistible kissable lips," advises Barry M's celebrity make-up artist Daniella Novak.

A heady seductive scent is also a must in your dating preparations.

### Star-crossed lovers

You're at the stage where you've decided on baby names (in your head) and picked out a wedding dress (but not told anyone). Yep, you're in deep.

Candlelit meals and roses are sure to be on the Valentine's agenda, so keep your look ultra-romantic. Tonight's the night when you're sure to be transfixed on one another's gaze so ensure your make-up is all about the eyes and keep lips neutral with a glossy nude tone.

"For a soft romantic look, the number one rule is to make your eyes do the talking," Daniella says.

"Mascara is key to achieving luscious lashes - concentrate on building up the colour on the outer corner of your lashes. Use

small massage movements and get as close to your lash line as possible for extra lift."

### Cosy couple

You and your man have gone the distance and had more romantic nights out than Elizabeth Taylor in her dating heyday. If you can't face the Valentine's Day scrum, put your feet up together and pamper yourselves silly with a bathroom love-in.

Light a sea of flickering candles around the bath and take a long luxurious soak in the tub together. Afterwards, indulge in a sensual massage with body oil to put you both in the mood.

### Long-term love

When it feels like you've been together for eternity, it's even more important to make an effort and feel like a new woman for Valentine's night with your beloved.

Whether you're going out or staying in, give yourself a mini makeover. Break with your usual make-up routine and try something different.

"For a more dramatic look, apply a shimmering shade all over the eyelid in a shade you love," Danielle suggests.

"Compliment the shimmer shade with a liquid eyeliner on the top lash line. Once you reach your outer lashes, extend the eyeliner slightly further into a flick for a sultry 'Cleopatra' effect."

By Lisa Haynes



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## Man-friendly tips

Guys, if the puzzling world of balconettes, basques or bras is giving you frown lines, you're not alone. Impress on February 14 with your superior lingerie knowledge. Boutique lingerie company Myla (www.myla.com) have these top tips:

- Remember the three golden rules - size, shape and style - and you're halfway there.
- If your partner's more Dolly Parton than Kate Moss, a fuller bra that supports her best assets will fill her with confidence - and earn you brownie points.
- If she loves to dress up in the bedroom, let your imagination run wild with more provocative styles. But if she's the coquettish type, go for something ultra-feminine that will make her feel fabulous and girly.

- Comfort is key. If you don't already know her size but don't want to ask, take a sneaky peek in her underwear drawer. Check the labels for her bra size (a number and letter combination, such as 32A or 36C) and her knicker size. As a general rule, if she's a dress size 8, she'll need extra small, small for a dress size 10, medium for a dress size 12, and large for a dress size 14.
- When choosing colours, look at her wardrobe to see what shades she normally favours. If you've never seen her wear red before, don't buy her red underwear. If in doubt, black is always a flattering option.
- Keep in mind that you're buying lingerie for her, not you - but get it right, boys, and you'll reap the benefits.

By Lisa Haynes

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## Announcement

We are delighted to announce the inaugural public meeting for Project MADRUGADA to be held at the Fortaleza Da Luz Wednesday 25th February at 11:30 and to be followed by a charity luncheon at 13:00 hrs in aid of the project.

It has been recognised for some time that there is a desperate shortfall in the care and information available for those living in the Algarve and suffering from Cancer and other serious illness. Whilst local hospitals facilities adequately cover the essential treatment of patients whilst in hospital, there remains little or no care and support available for those affected once they return to their home and family. The lack of organised specialist care in the community, including hospice care, Macmillan nursing, centralised information & resources and complementary therapies to support the recovery of affected residents continues to cause great distress and concern. All the skills are available

if you know where and how to find them.

The charity 'Madrugada', meaning 'Dawn' has been established to support a new initiative which will, in the first instance, create a resource centre in Luz offering free advice on how to best support the treatment of serious illness, ensuring that those affected have the very best chance of achieving recovery whilst reducing the side effects caused by many allopathic protocols. There is so much you can do for yourself and so much more we can help you with.

Our eventual aim is to build a support centre which offers residential and day care, training, complementary therapies and care in the community. Our approach will be totally holistic and all services will be delivered under the guidance of a highly qualified team.

Many of you may be labouring under the false impression that your medical insurance will cover all your needs, may we respectfully suggest that you check

your policy now; the additional care costs incurred during serious and terminal illness can be immense.

This is an ambitious project, others have tried before and faltered but we intend to make this a huge success, however we do need your help. Obviously we will need medical advice and support from Practitioners, Specialists, Consultants and nursing staff. Right now we need volunteers with good organisational skills; we need people skilled in accountancy, legal procedures, planning applications, IT & Web Site design, administration and fund raising; we need committee members; we need people with influential contacts; we need people with drive, determination, compassion & spare time and of course we need donations of equipment and funds.

More than anything, we need you because maybe, one day, you'll need us! Come and join us 25th Feb, call Alison 964 951 570 or Maria 917 315 724.

## Get fighting fit -

Despairing of your man's flab and his empty New Year promises to gain a six pack? Take inspiration from the trainer for all-action hero Harrison Ford and transform him into an fighting fit Indiana Jones.

Do you secretly yearn to be a male superhero, even though your body's telling you that age and inaction have taken their toll?

Take heart from the appearance and performance of Harrison Ford, who at 66 and a grandfather, was still able to whip up a buff physique for the latest Indy film, Indiana Jones And The Kingdom Of The Crystal Skull.

Despite the fact Harrison was reprising the role after a 19-year gap, he also insisted on doing many of his own stunts, saying: "I'm probably as fit, or possibly fitter, than I was 18 or 20 years ago. Part of it is genetic, part of it is a willingness to work hard to keep myself in the best shape for an old f\*\*t."

Now Jamie Milnes, the Manchester-born trainer who helped the star sustain the punishment meted out on set, has revealed the workout methods he uses to help the actor keep in shape.

"When I first met him some years ago I had to pinch myself so that I knew that I was actually with my childhood hero," he says. "But Harrison never acts the big star. He's very self-effacing with a brilliant sense of humour, and pokes fun at himself all the time."

Jamie, who's trained a host of other celebrities including Liv Tyler, Natasha Bedingfield, Matthew Rhys and Martin Sheen, was introduced to Harrison by the actor's girlfriend Calista Flockhart.

He still helps him train regularly, but went on location with Harrison while he filmed The Crystal Skull. "Harrison is great to work with," Jamie says. "He's extremely strong and active, and disciplined about working out regularly. He pushes it hard and works his a\*\*e off to keep in shape."

Jamie, 42, says the routines devised for Harrison for filming were designed to increase his athleticism. "It was very important, obviously, that he was in tip-top shape so that he could cope with stunts like racing across precariously balanced huge box crates, fight sequences, and speeding on motorbikes."

"It all required great co-ordination, and so we also worked on routines that helped his reflexes, general body conditioning, and building his core strength using dumbbells, medicine balls. It was all about helping him sustain the pace and avoid injury."

Jamie says Harrison is always looking for new activities to try. As well as three regular training sessions a week, the star also plays tennis and skis.

"We don't include running because that's not good for your knees and back as you get older," Jamie explains. "None of the workouts are about vanity or making him look good either. They're to help him sustain his flexibility and stamina."

Jamie, whose first celebrity client was supermodel Cindy Crawford, moved to New York to further his career and now lives

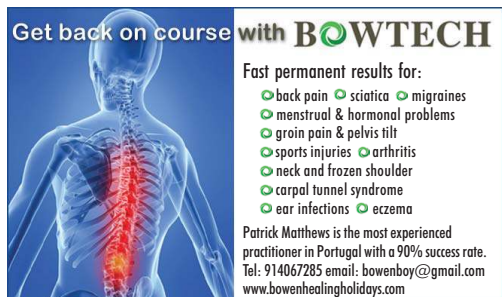
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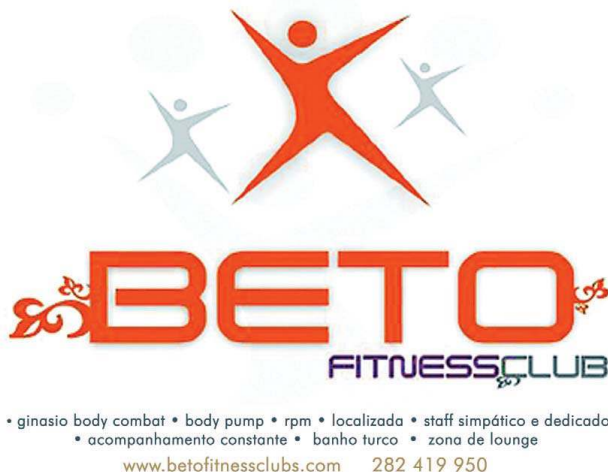
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# whatever your age

in Los Angeles.

He rejects the myth that super-fit bodies and six-packs can be bought. "So many people look at celebrities with great bodies, like Harrison, and wrongly simply put it down to the fact that they have the money to have access to trainers.

"But believe me, the ones who have ripped, lean bodies have self-discipline and professionalism and work at it conscientiously. They view it as part of the job and have a great training ethic. "They do intensive workouts, which are punishing but effective and essential if they are to look the part, and cope with the roles."

He believes Harrison definitely proves the point that fitness needn't wane with age.

"There's a view that beyond the age of 40 it's inevitable that your fitness fades, but there's no need for that. "We can't all look like Harrison or Daniel Craig, but it's perfectly possible to get fitter and look better by consistently doing some regular exercise."

Follow Jamie's guide to shap-

ing up like Harrison.

## WORKOUT RULES FOR SUPERHEROES

### :: NEVER TRAIN FOR COMPLIMENTS

"Those who get on a treadmill simply to get rid of a belly, or just want to look 'great' are usually the first to lose motivation and give up training," Jamie says. "It's too vague an aim, and it's far better to have a goal such as being able to run perhaps a 5k race, or to be more active and take part in sports with your children, or play better golf."

### :: MAKE A PLAN AND STICK TO IT

"Random exercising, and trying to devise your own workout rarely works," Jamie says. "You need a planned workout to see improvements and maintain gains that help to keep you on track, and inspire you to continue. Having a gym buddy or a personal trainer to start you off, or give you a boost if you start flagging after a few months, can be really helpful."

### :: DON'T OVERDO IT

"Once you are in your 40s and beyond it's vital to understand

that your body takes longer to recover from just about every activity," Jamie explains. "You shouldn't overstretch yourself, go in for boot camp-style training, or try and leap back into exercise routines, especially if you've done nothing for years. If you do, the only thing you will gain is injury."

He suggests taking it gently initially and building the pace. Avoid exercise that can jar the joints like long-distance running.

Jamie also says it's a good idea to aim for a mixed programme incorporating a cardiovascular workout, and perhaps regular Pilates or yoga. He advises against daily training sessions - muscles need to repair themselves after exercise or they will be more vulnerable to tearing and strain.

### :: MIX IT UP

"Many people make the mistake of focusing on one area of the body, like the abs," Jamie says. "This never works and again you're more likely to tire off it through boredom. Instead, exercise the whole body, and perform as many different exercises as possible. Look at compound weight training, core training, as well as isolation exercises like bicep curls and crunches."

### :: HARRISON FORD'S WORKOUT

"These are easier, modified versions of what Harrison typically does so should be accessible to most fitness levels," Jamie says. Do exercises 1-2 as a circuit with as little rest as possible, then do 4-6 the same way.

### :: SQUAT WITH SINGLE ARM OVERHEAD PRESS

Take a dumbbell in your right hand and hold it close to your chest.

Squat down slowly, keeping your feet flat on the floor until your thighs are parallel to the floor.

Drive upwards from the legs, keeping a tight core as you push your right hand straight up overhead.

Repeat for 8-12 reps and then switch arms.

### :: PUSH UPS ON A STABILITY BALL

Grab a stability ball and do



Do you secretly yearn to be a male superhero, even though your body's telling you that age and inaction have taken their toll?

push ups, slowly lowering chest to lightly touch the ball before driving back up.

### :: STANDING SINGLE ARMPULL

If you don't have access to a pulley machine, use an elastic exercise band. Stand with left foot in front of right with a long stance.

Grab pulley handle or elastic in your right hand and reach forwards fully. Keep back straight and upright.

Pull, driving the right elbow backwards until your right hand is next to your right rib cage.

Allow your right shoulder and upper body to rotate backwards slightly as you pull.

Repeat 8-12 times then switch arms and stance.

### :: SIDE PLANKS

Lie on your right side with everything stacked - i.e. right ankles, knees, hips etc. directly above left side.

Support yourself on your right elbow, directly under your right armpit.

Place your left hand on your left hip. Push off the floor until your whole right side clears off the floor.

Hold for a beat, then slowly lower back to the floor. Repeat for 8-12 reps, then switch sides.

### :: LOW TO HIGH CHOPS

Use a dumbbell or elastic if you don't have access to a pulley machine. Imagine throwing a ball from your right hip, using both hands up high in the direction of your left shoulder. That is the basic movement.

Start with feet shoulder width apart, and grab the weight or handle in both hands.

Have your hands down by your left hip then chop upwards with arms extended from low to high until your hands end up high above the left shoulder. Keep a tight core throughout.

Repeat 8-12 times, then switch sides.

### :: SUPERMANS

Lie face down on a stability ball with ball underneath your hips. Secure your feet against a wall. Legs should be straight and spine extended (slightly arched, NOT rounded.) Squeeze your glutes throughout. Ankles, knees, hips, shoulders should all be aligned in a straight line.

Start with elbows by your side and hands by your shoulders

with thumbs facing upwards (like a letter 'W').

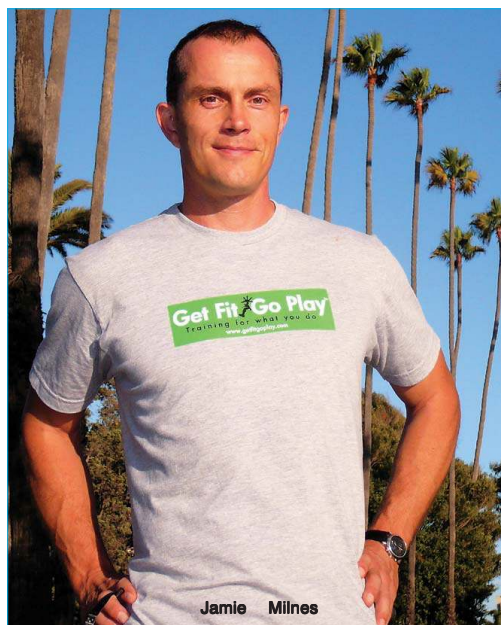
Slowly extend your arms overhead, keeping the shoulders back and without bunching your shoulders up towards your ears. Pause when the arms are fully extended then slowly bring arms

back to your sides.

Repeat 8-12 times.

:: For more information on Jamie Milnes go online to: [www.getfitgoplay.com](http://www.getfitgoplay.com). Indiana Jones And The Kingdom Of The Crystal Skull is now available on DVD.

Gabrielle Fagan



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# All aboard for a whistle-stop tour



Fraser Island, Queensland.

Aussies are not normally prone to hyperbole but they do like to shout to the rooftops when they have something to be proud of.

'Beautiful One Day - Perfect the Next' may not be quite as forthright an advertising blurb as the 'So Where The Bl\*dy Hell Are You?' slogan famously chosen by Tourism Australia, but it's still a confident statement. It very accurately describes the Great Barrier Reef State, and is therefore an appropriate phrase selected by Queenslanders, who certainly treated me to nine days of whirlwind action and adventure.

Aussies are not normally prone to hyperbole but they do like to shout to the rooftops when they have something to be proud of.

Our journey, billed as a tour of Eccentric Queensland, took in

bush walking, rainforest trekking, pumpabiking (a sort of human-powered hydrofoil), reef snorkelling, wining, dining and stand-up paddle surfing, among other activities.

We began in Cairns, gateway to the Great Barrier Reef in the far north of the state. A short walk from our hotel led us to the town's reef fleet terminal and a full-day catamaran cruise to Michaelmas Cay.

We enjoyed a lazy afternoon snorkelling in the turquoise blue sea surrounding the tiny coral island and then took a seat on a semi-submersible vessel which provided stunning views of the reef, not to mention the giant sea turtles. Throw in a tasty buffet

lunch on board and at a total cost of £48 that's bonza value.

Speaking of bonza, a 'swaggie' - an original Aussie bushman - awaited us later that evening at Cairns Night Zoo for some billy tea and damper. Torches were at the ready as the swaggie led the way for a nocturnal view of some native critters.

We got to pat the wide-awake koalas, fed hungry kangaroos around a campfire and got up close, but not too close, and personal with venomous spiders, snakes and crocodiles.

Our light-hearted fun evening had begun with a traditional barbecue and culminated with a practical lesson in bush dances like the Heel and Toe Polka. Even my two left feet could cope with the moves.

After the 'bush-lite' of the zoo

the next stop on the itinerary early the next morning was the real thing.

Dean, or Deano as we came to know him, was our guide for a two-day rainforest and rock art 4WD safari. We headed for an outback camp at Jowalbinna, Aboriginal for Dingo's Ear, in the Quinkan region where earlier in the year Deano was stranded by flash floods for three weeks. If that wasn't grim enough, he was also bitten by a venomous spider and alone in the wild without communications to the outside world toughed the pain out in his

"but always keep on your guard."

The torches were out again shortly after our arrival at our outback lodge accommodation. They were handy for avoiding the snakes when making your way to the loos in the pitch black.

A chorus of kookaburras, butcher birds and blue-faced honeyeaters awoke us ahead of our trip to see one of the world's top rock art areas.

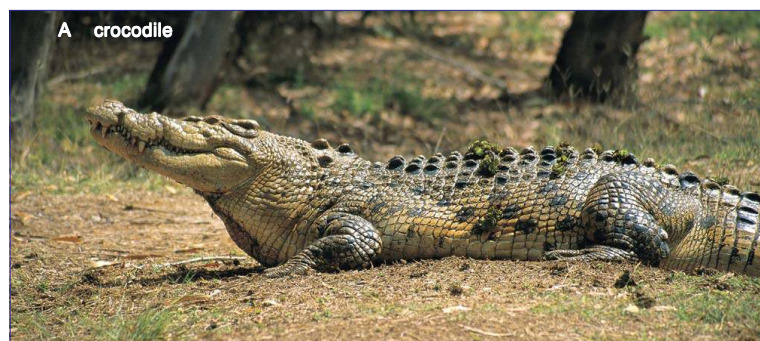
Quinkan's Aboriginal occupation dates back more than 30,000 years with startling images of spirits, animals and human figures adorning its sandstone

foot of the Mossman River Gorge, popular with honey mooning couples.

It's a beautiful resort but I fell into a panic when it dawned on me there was no telly in the room. However, I grudgingly conceded that catching Neighbours may not be top of the activity list for new-lweds.

Next on our whistle-stop tour was a trip south to the trendy coastal resort of Noosa but not before popping into Australia Zoo - home of the late, great Crocodile Hunter, Steve Irwin.

Irwin and his wife Terri took



A crocodile

one-man tent.

Deano also regaled us with such tales as crocodiles dining on an idiot armed with a camcorder and a supply of meat bait on his boat. He even stopped the vehicle at one point excitedly for a photo opportunity of a non-venomous snake.

But he reckoned crocodiles were harmless - as long as you resist the urge to poke your nose in their habitat of creeks and rivers. "Nature generally leaves you alone if you treat it right," he said,

shelters.

This historical gem was only discovered as recently as the 1960s when road workers found it by chance. It's a humbling experience and proved the highlight of our visit with our hosts, the Wilderness Challenge.

The family business, set up in 1990 by Tom Warnes who spotted a gap in the market, offers a variety of trips ranging up to a 14-day safari to the northern tip of the state.

Going off Deano's ecological and geographical knowledge, the company's expert guides play a key role in making the Wilderness Challenge a must-do.

After 'slumming it' in the outback we headed back into the rainforest for a luxury night's stay at Voyages Silky Oaks Lodge at the

over management of the zoo in Beerwah in 1992 and today it resembles something of a shrine to the naturalist and TV personality who was fatally pierced by a stingray barb two years ago.

The show he devoted his life to still goes on, with the highlight being the twice-daily crocodile show at the delightfully named Crocoseum auditorium.

Plans are afoot to expand it into a World Zoo and similar global domination plans are in the pipeline for Irwin's daughter, Bindi. The 11-year-old is a one-girl industry who already has her own line of clothing.

Next it was on to the Sunshine Coast, where the sophisticated set go for their hols in Noosa. There is an American East Coast vibe to the place, not that there is



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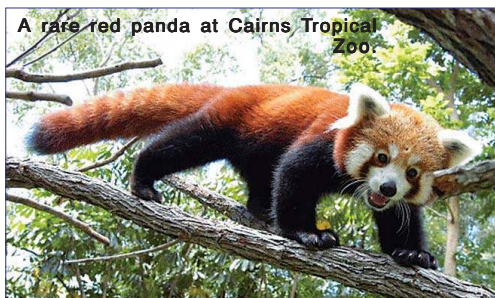
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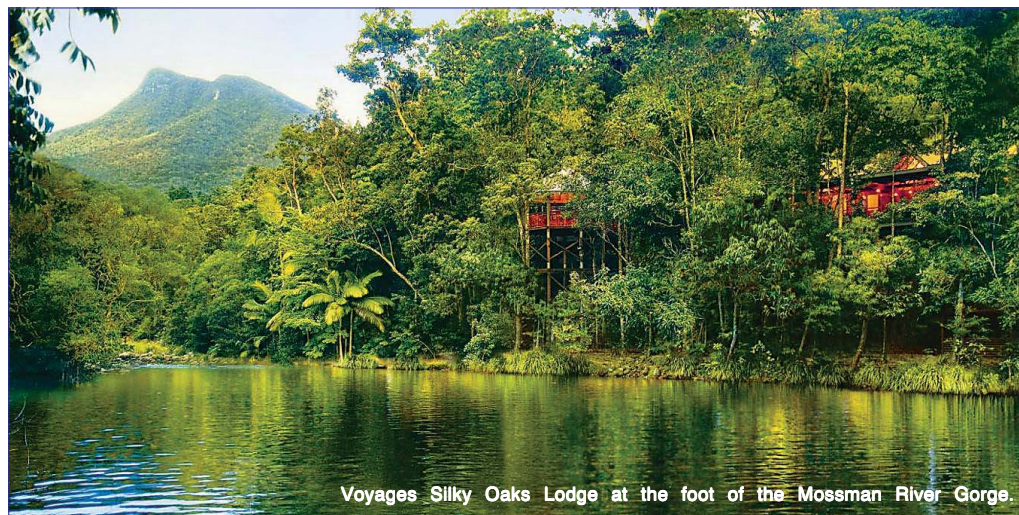
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A rare red panda at Cairns Tropical Zoo.



Voyages Silky Oaks Lodge at the foot of the Mossman River Gorge.

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# of Queensland

Kingfisher Bay Resort, Queensland.



anything wrong with that.

Queensland has its fair share of high-rise blocks so it's refreshing that Noosa builds outwards from the sea with a four-storey height limit in place. A large slice of Noosa is protected land or waterways so it's popular with nature lovers.

The river that runs through the resort was our destination for an early morning bash at the newly created sport of stand up paddle surfing (www.standuppaddleurf.com.au).

I started out by falling straight into the water, but soon got the hang of balancing by using the paddles.

For those fancying a more sedate pursuit, the best bet might be the camel safari (www.camelcompany.com.au) on Noosa's North Shore.

All too soon it was goodbye Noosa and 'g'day' to Fraser Island - the largest sand island in the world. Conquering the crocs and the creepy crawlies was nothing compared to the chill that went down my spine when I discovered the pilot for our charter flight to the isle originally hailed from Barnsley. Not good news for a Lancastrian.

However, there was nothing to fear as we landed safe and sound on the spectacular 75-mile Beach

of the World Heritage site.

Fraser Island is a truly wondrous place which is home to a sprawling rainforest, more than 100 beautiful freshwater lakes and even a shipwreck.

We spent the night at the island's four-star Kingfisher Bay resort where we got into I'm A Celebrity mode with a bushtucker taste 'trial' in the res-



Swimming with a giant sea turtle off Queensland.

taurant. Several glasses of Cabernet Sauvignon and the stunning sunset view sweetened my palate.

Last stop was Brisbane, the state capital, but I confess that even I was flagging by this point. Even though Brisbane is not up there with Sydney or Melbourne for tourist attractions, it has plenty to offer and is very much on the upward curve.

It has its own bridge climb to rival Sydney Harbour and the recently opened Gallery of Modern Art has already attracted exclusive exhibitions of Warhol

and Picasso to the city.

You can even explore the city by pumpabiking down the Brisbane River. Basically, it's an aquatic pogo with the promise of a free ride 'if your pants stay dry'.

Is Queensland really 'Beautiful One Day - Perfect the Next'? Mate, it's a cracker.

## TRAVEL FACTS

:: Kim Pilling flew to Queensland as a guest of Tourism Queensland and Austravel with JAL which offers return flights London to Brisbane.

:: Virgin Blue return flights

Brisbane-Cairns start at £150, Qantas flight Fraser Coast-Brisbane starts at £60.

:: Austravel offers two weeks discovering the best of Queensland - with a two-night stopover in Tokyo, including return flights and room only accommodation. Airport transfers not included unless specified. Austravel reservations: tel. 00 44 (0)844 412 4620 or go to: www.austravel.com

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**1**  
**Friday the 13th**  
Jared Padalecki, Danielle Panabaker  
13.35-19.40-22.00 (00.20 Fri & Sat)  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett  
15.55

**Bolt** - Animation OV  
(10.30 Sat & Sun)

**2**  
**Yes Man**  
Jim Carrey, Zooey Deschanel  
(12.25 Sat & Sun)

**Second Life**  
Piotr Adamczyk, Paulo Pires  
14.50-16.55-21.50 (00.05 Fri & Sat)  
**Milk**  
Sean Penn, James Franco - 19.00

**3**  
**The Tale of Despereaux**  
Animation PV  
(11.05 Sat & Sun)  
**Valkyrie**  
Tom Cruise, Kenneth Branagh  
13.25-16.00-18.40-21.20 (00.00 Fri & Sat)

**4**  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
13.10-15.50-18.30-21.10 (23.50 Fri & Sat)

**5**  
**The Reader**  
Kate Winslet, David Kross  
13.20-16.10-18.50-21.30 (00.10 Fri & Sat)

**6**  
**Madagascar: Escape 2 Africa**  
Animation PV  
(10.40 Sat & Sun)  
**Revolutionary Road**  
Kate Winslet, Leonardo DiCaprio  
13.00-15.40-18.20-21.00 (23.40 Fri & Sat)

**7**  
**Doubt**  
Meryl Streep, Amy Adams  
14.25-16.50-19.15-21.40

**The Boy in the Striped Pyjamas**  
Asa Butterfield, Jack Scanlon  
(00.05 Fri & Sat)

**Bolt** - Animation PV - (10.50 Sat & Sun)

**8**  
**Rachel Getting Married**  
Anne Hathaway, Rosemarie DeWitt  
14.15-17.00-21.55 (00.30 Fri & Sat)  
**The Boy in the Striped Pyjamas**  
Asa Butterfield, Jack Scanlon  
19.35

**Twilight**  
Kristen Stewart, Robert Pattinson  
(11.35 Sat & Sun)

**9**  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett  
13.20-21.05  
**Vicky Cristina Barcelona**  
Penelope Cruz, Scarlett Johansson  
16.45-18.55 (00.25 Fri & Sat)

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**12 FEB-18 FEB**

**1**  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett  
13.10-16.30-21.25

**2**  
**Friday the 13th**  
Jared Padalecki, Danielle Panabaker  
13.00-15.10-17.20-19.30-21.50 (00.05 Fri & Sat)

**3**  
**Revolutionary Road**  
Kate Winslet, Leonardo DiCaprio  
13.25-16.00-18.40-21.15 (23.50 Fri & Sat)

**4**  
**Second Life**  
Piotr Adamczyk, Paulo Pires  
13.15-15.15-17.15-19.15-21.20 (23.40 Fri & Sat)

**5**  
**Bolt**  
Animation PV  
(13.20-15.55 Sat & Sun)

**Milk**  
Sean Penn, James Franco  
13.20-15.55-18.35-21.10 (23.45 Fri & Sat)

**6**  
**Valkyrie**  
Tom Cruise, Kenneth Branagh  
13.40-16.15-18.45-21.35 (00.15 Fri & Sat)

**7**  
**The Reader**  
Kate Winslet, David Kross  
13.30-16.10-18.50-21.30 (00.10 Fri & Sat)

**8**  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
13.35-16.20-19.00-21.40 (00.20 Fri & Sat)

**9**  
**Doubt**  
Meryl Streep, Amy Adams  
13.50-16.05-18.30-21.00 (23.30 Fri & Sat)

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**12 FEB-18 FEB**

**1**  
**Valkyrie**  
Tom Cruise, Kenneth Branagh  
13.40-16.20-18.50-21.40 (00.10 Fri & Sat)

**2**  
**Friday the 13th**  
Jared Padalecki, Danielle Panabaker  
13.25-16.40-19.10-22.00 (00.05 Fri & Sat)

**3**  
**Last Chance Harvey**  
Dustin Hoffman, Emma Thompson  
13.50-16.30-19.00

**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett  
21.20

**4**  
**The Tale of Despereaux** - Animation PV - (13.35-16.10 Sat & Sun)  
**Revolutionary Road**  
Kate Winslet, Leonardo DiCaprio  
13.35-16.10-18.40-21.10 (23.50 Fri & Sat)

**5**  
**Doubt**  
Meryl Streep, Amy Adams  
13.30-15.50-18.30-21.50 (00.00 Fri & Sat)

**6**  
**Changeling**  
Angelina Jolie, John Malkovich  
13.20-16.00-18.45-21.30 (00.15 Fri & Sat)

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Jared Padalecki, Danielle Panabaker  
**Last Chance Harvey**  
Dustin Hoffman, Emma Thompson

**Doubt**  
Meryl Streep, Amy Adams  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto

**Valkyrie**  
Tom Cruise, Kenneth Branagh  
**Revolutionary Road**  
Kate Winslet, Leonardo DiCaprio

**Second Life**  
Piotr Adamczyk, Paulo Pires  
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**Milk**  
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Keira Knightley, Ralph Fiennes

**Vicky Cristina Barcelona**  
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**Seven Pounds**  
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**Bolt**  
Animation PV  
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Jared Padalecki, Danielle Panabaker  
**Happy-Go-Lucky**  
Sally Hawkins, Alexis Zegerman

**Slumdog Millionaire**  
Dev Patel, Freida Pinto

**Doubt**  
Meryl Streep, Amy Adams

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Tom Cruise, Kenneth Branagh  
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Kate Winslet, Leonardo DiCaprio  
**Milk**  
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Animation PV  
**Bolt** - Animation 3D PV

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**Slumdog Millionaire**  
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**The Boy in the Striped Pyjamas**  
Asa Butterfield, Jack Scanlon

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Tom Cruise, Kenneth Branagh

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**Doubt**  
Meryl Streep, Amy Adams  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto

**Revolutionary Road**  
Kate Winslet, Leonardo DiCaprio  
**Second Life**  
Piotr Adamczyk, Paulo Pires

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Animation PV

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**Last Chance Harvey**  
Dustin Hoffman, Emma Thompson  
**Doubt**  
Meryl Streep, Amy Adams

**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**Valkyrie**  
Tom Cruise, Kenneth Branagh

**Revolutionary Road**  
Kate Winslet, Leonardo DiCaprio  
**Second Life**  
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Animation PV

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Meryl Streep, Amy Adams

**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**Valkyrie**  
Tom Cruise, Kenneth Branagh

**Revolutionary Road**  
Kate Winslet, Leonardo DiCaprio

**Milk**  
Sean Penn, James Franco

**The Duchess**  
Keira Knightley, Ralph Fiennes

**The Boy in the Striped Pyjamas**  
Asa Butterfield, Jack Scanlon

**Second Life**  
Piotr Adamczyk, Paulo Pires

**Frost/Nixon**  
Frank Langella, Michael Sheen  
**Vicky Cristina Barcelona**  
Penelope Cruz, Scarlett Johansson  
**Defiance**  
Daniel Craig, Liev Schreiber  
**The Tale of Despereaux**  
Animation PV  
**Die Welle**  
Jürgen Vogel, Frederick Lau  
**Entre les Murs**  
François Bégaudeau  
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**Doubt**  
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**Valkyrie**  
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Jet Li, Takeshi Kaneshiro  
**Second Life**  
Piotr Adamczyk, Paulo Pires

**Revolutionary Road**  
Kate Winslet, Leonardo DiCaprio  
**The Curious Case of Benjamin Button**  
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Animation PV

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Animation PV  
**Doubt**  
Meryl Streep, Amy Adams

**Second Life**  
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**Last Chance Harvey**  
Dustin Hoffman, Emma Thompson

**Doubt**  
Meryl Streep, Amy Adams  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto

**Valkyrie**  
Tom Cruise, Kenneth Branagh  
**Bolt**  
Animation 3D PV

**Revolutionary Road**  
Kate Winslet, Leonardo DiCaprio  
**Yes Man**  
Jim Carrey, Zooey Deschanel

**Australia**  
Nicole Kidman, Hugh Jackman  
**The Tale of Despereaux**  
Animation PV

**Frost/Nixon**  
Frank Langella, Michael Sheen  
**Seven Pounds**  
Will Smith, Rosario Dawson

**Defiance**  
Daniel Craig, Liev Schreiber  
**The Boy in the Striped Pyjamas**  
Asa Butterfield, Jack Scanlon

**Second Life**  
Piotr Adamczyk, Paulo Pires  
**Changeling**  
Angelina Jolie, John Malkovich

**The Duchess**  
Keira Knightley, Ralph Fiennes  
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Brad Pitt, Cate Blanchett

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Animation PV

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Tom Cruise, Kenneth Branagh

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**Milk**  
Sean Penn, James Franco

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Animation PV  
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**Doubt**  
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**Second Life**  
Piotr Adamczyk, Paulo Pires

**Bolt** - Animation PV  
**The Curious Case of Benjamin Button**  
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**Seven Pounds**  
Will Smith, Rosario Dawson  
**Defiance**  
Daniel Craig, Liev Schreiber

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**Valkyrie**  
Tom Cruise, Kenneth Branagh

**Vicky Cristina Barcelona**  
Penelope Cruz, Scarlett Johansson  
**Second Life**  
Piotr Adamczyk, Paulo Pires

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Will Smith, Rosario Dawson  
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Brad Pitt, Cate Blanchett

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Tom Cruise, Kenneth Branagh  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett  
**O Contrato**  
Claudia Vieira, Pedro Lima  
**Revolutionary Road**  
Kate Winslet, Leonardo DiCaprio

**LUSOMUNDO**  
**MAIA SHOPPING**  
**TEL: 707 246362**  
**12 FEB-18 FEB**

**Changeling**  
Angelina Jolie, John Malkovich  
**Valkyrie**  
Tom Cruise, Kenneth Branagh

**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett  
**Bolt**  
Animation 3D PV

**Revolutionary Road**  
Kate Winslet, Leonardo DiCaprio  
**Seven Pounds**  
Will Smith, Rosario Dawson

**LUSOMUNDO**  
**GAIA SHOPPING**  
**TEL: 707 246362**  
**12 FEB-18 FEB**

**Friday the 13th**  
Jared Padalecki, Danielle Panabaker  
**Last Chance Harvey**  
Dustin Hoffman, Emma Thompson

**Valkyrie**  
Tom Cruise, Kenneth Branagh  
**Bolt**  
Animation 3D PV

**Vicky Cristina Barcelona**  
Penelope Cruz, Scarlett Johansson  
**Second Life**  
Piotr Adamczyk, Paulo Pires

**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett  
**Transporter 3**  
Jason Statham, Natalya Rudakova

**Changeling**  
Angelina Jolie, John Malkovich

**LUSOMUNDO**  
**NORTESHOPPING**  
**TEL: 707 246362**  
**12 FEB-18 FEB**

**Friday the 13th**  
Jared Padalecki, Danielle Panabaker  
**Last Chance Harvey**  
Dustin Hoffman, Emma Thompson

**Doubt**  
Meryl Streep, Amy Adams  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto

**Revolutionary Road**  
Kate Winslet, Leonardo DiCaprio  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett

**Vicky Cristina Barcelona**  
Penelope Cruz, Scarlett Johansson  
**Second Life**  
Piotr Adamczyk, Paulo Pires

**LUSOMUNDO**  
**PARQUENASCENTE**  
**TEL: 707 246362**  
**12 FEB-18 FEB**

**Friday the 13th**  
Jared Padalecki, Danielle Panabaker  
**Last Chance Harvey**  
Dustin Hoffman, Emma Thompson

**Doubt**  
Meryl Streep, Amy Adams  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto

**Valkyrie**  
Tom Cruise, Kenneth Branagh  
**Changeling**  
Angelina Jolie, John Malkovich

**Milk**  
Sean Penn, James Franco  
**Second Life**  
Piotr Adamczyk, Paulo Pires

**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett  
**Bolt**  
Animation 3D PV

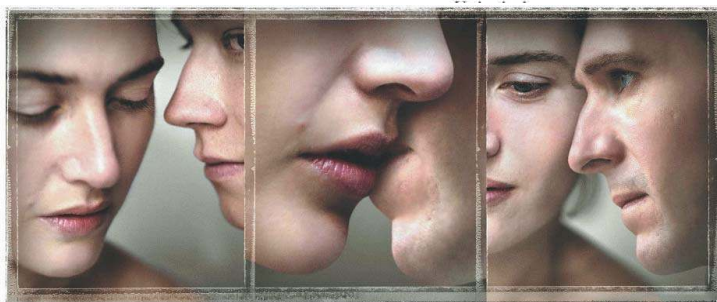
**Yes Man**  
Jim Carrey, Zooey Deschanel  
**Transporter 3**  
Jason Statham, Natalya Rudakova

**Amália, o Filme**  
Sandra Barata Belo, Carla Chambel</





## How far would you go to protect a secret? **The Reader**



Poppy (Sally Hawkins) is an irrepressibly free-spirited school teacher who brings an infectious laugh and an unshakable sense of optimism to every situation she encounters as a single woman in London. When Poppy's commuter bike is stolen, she signs up for driving lessons with Scott (Eddie Marsan), who turns out to be her polar opposite—a fuming, uptight cynic who takes himself extremely seriously. As the tension of their weekly lessons builds, Poppy's story takes alternately hilarious and serious turns—careening from flamenco classes to first dates—becoming a touching, truthful and deeply life-affirming exploration of one of the most mysterious and often the most elusive of all human emotions: happiness.

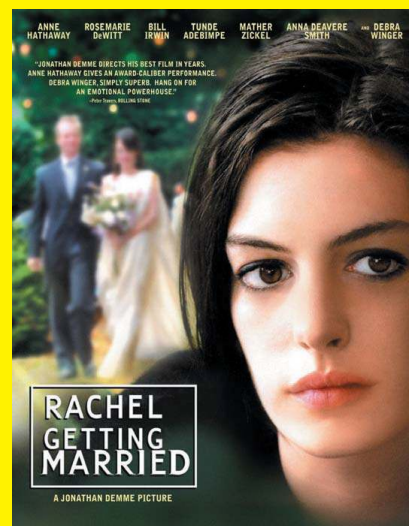


a mike leigh comedy

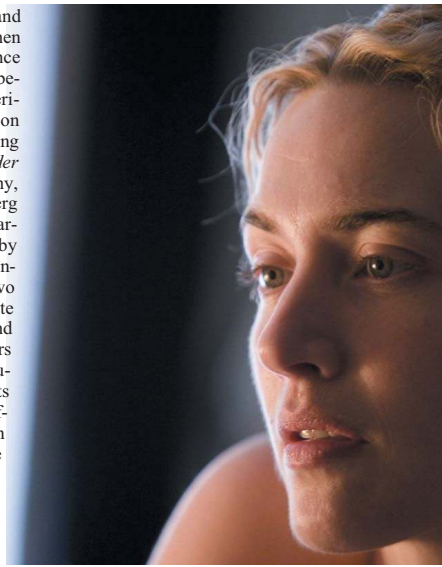
**happy-go-lucky**

*Love is all around*

*Rachel Getting Married* is a drama directed by Jonathan Demme, and starring Anne Hathaway, Rosemarie DeWitt, Bill Irwin and Debra Winger. When Kym (Anne Hathaway) returns to the family home from rehab the day before the wedding of her sister Rachel (Rosemarie DeWitt) to Sidney (Tunde Adebimpe), a musician. Kym brings a long history of personal crisis and family conflict along with her. The wedding party's abundant cast of friends and relations have gathered for an idyllic weekend of feasting, music and love, but Kym—with her black-humor and knack for bombshell drama—is a catalyst for long-simmering tensions in the family dynamic.



Kate Winslet, David Kross and Ralph Fiennes star in director Stephen Daldry's haunting period romance tracing the complicated love affair between a German teen and a mysterious woman twice his age. Based on author Bernhard Schlink's best-selling novel of the same name, *The Reader* opens in post-World War II Germany, where ailing teenager Michael Berg (David Kross) has fallen ill with scarlet fever. Nursed back to health by Hanna (Kate Winslet), Michael eventually makes a full recovery. The two begin an unexpected and passionate affair only for Hanna to suddenly and inexplicably disappear. Eight years later, Michael, now a young law student observing Nazi war trials, meets his former lover again, under very different circumstances. Hanna is on trial for a hideous crime, and as she refuses to defend herself, Michael gradually realizes his boyhood love may be guarding a secret she considers to be more shameful than murder.



### U. K. Film Classification



*Rachel Getting Married* 15  
*The Reader* 15  
*Friday the 13th* 18  
*Happy-Go-Lucky* 15  
*Last Chance Harvey* TBC (12)  
*Doubt* 15  
*Slumdog Millionaire* 15

*Valkyrie* 12A  
*Revolutionary Road* 15  
*Milk* 15  
*The Baader Meinhof Complex* 18  
*The Duchess* 12A  
*Frost/Nixon* - 15  
*The Warlords* - 15  
*Defiance* - 15  
*Vicky Cristina Barcelona* - 12A



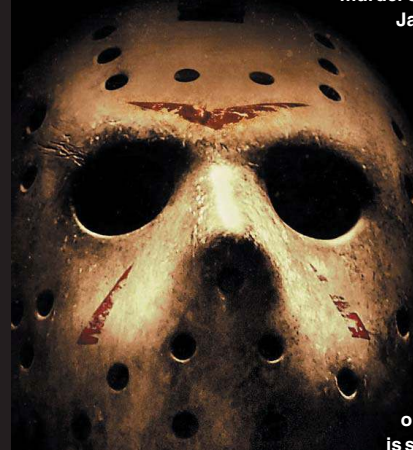
### FROM THE PRODUCERS OF THE TEXAS CHAINSAW MASSACRE **FRIDAY THE 13TH**

The original 1980 movie is widely acclaimed for its horrifying and creative murder sequences. The character of Jason Voorhees only had a small part in the film, but the new

remake substantially expands on his character and backstory.

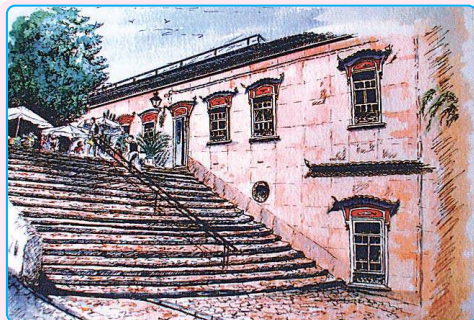
Camp Crystal Lake has been closed for over 20 years due to several vicious and unsolved murders. The camp's new owner and seven young counselors are readying the property for re-opening despite warnings of a "death curse"

by local residents. The curse proves true on Friday the 13th as one by one each of the counselors is stalked by a violent killer.





## HIGHLIGHTS



**SILVES**  
Until Mid March - Exhibition of pen, ink & wash artwork by Hilary Cunningham at Café Inglês - Café Inglês is situated on the step of Silves Castle - T. 282 442 585

## LOULÉ

February 14 - Live Music at the Municipal Archives - The guitarist Rui Martins will perform live from 16h00 - no Arquivo Municipal de Loulé, in the scope of including that space in the cultural circle - For more information please call Loulé City Hall on Praça da República, Tel: 289 400 600 - Fax: 289 415 557 - www.cm-loule.pt



**The Oxford Fiddle Group** on the road again in four concerts in Algarve from 14 to 17 February - They will be playing a varied repertoire of English, Irish, Scottish and American music whose origins range from folk, country and classical genres - The players on this tour are pictured left to right: Adrian Broadway (bass, mandolin), Marilyn Mills (concertina), Chris Mills (guitar, banjo), Jed Mugford (fiddle), Christine Ellis (fiddle), Tom Bell-Richards (lead fiddle), Wendy Creber (fiddle), Peter Day (fiddle) and not in the picture Rita Blewitt (fiddle, concertina).

The 4 venues on this tour are: **14 February** - Dinner and Dance at the Phoenix Nites **Monte in Carvoeiro** / 914375719; **15 February** - Lunch and Concert at the Beira Rio Restaurant **Tavira** / 281323165; **16 February** - Dinner and Dance at the Faja Lobi Restaurant in **Alvor** / 282414133 / 918828484; and **17 February** - Concert at the **Silves** Cine Theatre Club / 282332840.

Early booking is recommended - their concerts two years ago all sold out!

More information about the Oxford Fiddle Group can be found at [www.oxfordfiddle.co.uk](http://www.oxfordfiddle.co.uk)



Loulé Carnival Parade, one of the oldest and best known in the country, is famous for its parade of allegorical floats, big puppets, samba groups and lots and lots of music. There will also be plenty entertainment during the Carnival on the streets of towns and villages around the Algarve!

**Parades:** 20/02 - **Schools' Carnival**, Praça do Mar (Quarteira) - 10am and 2pm 20/02 - **Children's Carnival**, from the EB1 of Correia School to the Bull Ring (Albufeira) - 10am 20/02 - **Children's Carnival** (Faro) - 10am - 12pm 20/02 - **Children's Carnival**, 10am 21/02 - **Children's Carnival with special guest 'Avô Cantigas'**, Av. José da Costa Mealha (Loulé) - 3pm 21/02 - **Carnival Party - 80's Hit Parade**, Palácio do Nera, Industrial Estate (Loulé) - 9.30pm 21, 22 and 24/02 - **Quarteira Carnival Parade**, Quarteira Promenade - 3pm 22/02 - 24/02 - **Traditional Carnival (Alte)** - 3pm 22/02 - 24/02 - **Paderne Carnival** - 2pm 22/02 - 24/02 - **Tavira Carnival** - Parade of Decorated Floats, Rua do Cais and Rua José Pires Padinha, 3pm 22/02 - 24/02 - **S. B. de Alportel Carnival**, 3pm 24/02 - Carnival Parade, Sagres.

**LAGOS** - From 16 to 20 March - Inauguration weekend of 'The Amendoeira Bowls Club' competitions - For details, please call Peter Cain: 961 356 804 - Urb. Jardim da Luz, R. Alfredo do Nascimento Batista, Lt 35 - 282 790 882 - [www.oceanicgroup.com](http://www.oceanicgroup.com)



## ALMANCIL

## UNTIL FEBRUARY 19

**Collective Exhibition 'Artistas da Galeria'** - Centro Cultural São Lourenço - Info. [www.centrocultural.saolourenco.com](http://www.centrocultural.saolourenco.com)

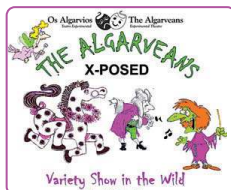
## FARO

## FEBRUARY 19 &amp; 20

**Play 'A Verdadeira Treta'** - Performing are António Feio and José Pedro Gomes "The philosophy of silliness" - Teatro das Figuras - 21h30 - €10 - 289 888 100 - [teatromunicipaldefaro.pt](http://teatromunicipaldefaro.pt)

## LAGOA

## FEBRUARY 16 &amp; 17



**Variety Show in the Wild 'X-posed'** by The Algarveans - Lagoa Municipal Auditorium - 20h00 - Tickets: Adults €10, Children €5 - 282 789 608 / 966 507 308 - Proceeds to 'Associação Oncológica do Algarve'

## UNTIL FEBRUARY 25



**Sculpture Exhibition** - The Lagoa Art School is hosting an exhibition of sculptures made by the students of the school's art and sculpture teacher, Willem Snejers - The students' works show sculptures made from clay, acrylic, breeze-block, reclaimed timber and stone, amongst other materials - Open Mon-Fri: 9h-12h30 / 14h-17h30; Closed Sat, Sun & holidays - The sculpture course takes place for 4 hours, every Monday morning - For more information call: (+351) 282 380 462, or see website: [www.cm-lagoa.pt](http://www.cm-lagoa.pt)

**DAILY**  
**Quinta dos Vales** - Wine and art - Art sales on Mon, Wed & Sat from 14h-18h or by appointment - Quinta dos Vales, Agricultura e Turismo, S.A., Sítio dos Vales, Caixa P. 112, 8400-031 Estombar (near Lagoa) - Phone: (+351) 282 431 036 - Telefax: (+351) 282 431 189 - [www.quintadosvales.eu](http://www.quintadosvales.eu)

## LAGOS

## DAILY

**Visit Casa Fogaça and see how the caravels were built, and what was the food they ate on board** - Access to Casa Fogaça is through the Municipal Market on the Avenida and from Rua Dr. Faria e Silva - Tuesday to Sunday from 10h00 to 18h00 - 282 780 060

## LAGOS

## DAILY

**Visit Casa Fogaça and see how the caravels were built, and what was the food they ate on board** - Access to Casa Fogaça is through the Municipal Market on the Avenida and from Rua Dr. Faria e Silva - Tuesday to Sunday from 10h00 to 18h00 - 282 780 060

[www.the-news.net](http://www.the-news.net)

## SOUTH

## LOULÉ

## FEBRUARY 22 TO 24

**Famous Carnival Parade - Centre of the City - For information, call the City Hall**

## EVERY SATURDAY

**Market Fairs on Rua Nossa Senhora da Piedade**

## PADERNE

## FROM FEB 7

**UNTIL FURTHER NOTICE - Galeria Corte-Real** containing art works and decorative items has relocated to Paderne - Open 4 days per week - Thursdays to Sundays - from 11am until 5pm - Signs from Boliqueime, Ferreiras & Paderne - 912737762 / 918980199

## PORTIMÃO

## SATURDAYS

**Special Saturdays dedicated to Children** - Music, Dance, Story telling Workshops - Manuel Teixeira Gomes Municipal Library - To enroll, call 282 480 470

## SÃO BRÁS ALPORTEL

## FEBRUARY 21



**Inauguration of the Art Exhibition 'Artistic Variables'** - Lodewijk Hulsoff Pol (photographs) and Heidi Winkler (paintings) - Museum Gallery of Museu do Trajo - Tm: 966 329 073 - Rua Dr. José Dias Sancho nº 61 - [www.amigos-museu-sbras.org](http://www.amigos-museu-sbras.org)

## TAVIRA

## UNTIL FEBRUARY 15

**Theatre in Winter** - Espaço da Corredoura - [www.cm-tavira.pt](http://www.cm-tavira.pt)

## UNTIL JUNE 27

**Exhibition 'Tavira: Heritage of the Sea'** - Palácio da Galeria - Tavira Municipal Museum - Tue-Sat: 10h00-12h30; 14h00-17h30 (Closed Sun, Mon & public holidays - 281 320 500

## TUE, WED, THU, SUN

**Tuesdays** from 19h30 to 20h30: Latin American Dance Lessons €5 - **Wednesdays** from 14h30 to 16h30: Art Lessons - **Thursdays** from 18h30 to 22h00 Jamming session, bring along your musical instrument - **Sunday** Lunchtimes Carvery only €10 - Quinta Fonte do Bispo on EN270 T. 281 971 484 - fax: 281 971 714 - [info@qfontebispo.com](mailto:info@qfontebispo.com)

## EVERY 4TH SUNDAY

**Car Boot Sale every 4th Sunday of the month from 10h00 to 15h00** - Same day as Stª Catarina market (Inside if wet) - Quinta Fonte do Bispo on EN270 T. 281 971 484 - fax: 281 971 714 - [info@qfontebispo.com](mailto:info@qfontebispo.com)

## NORTH

## PORTO

## DAILY

**Casa da Música:** guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before the visit - Price: € 2; Free for children under 12 - 220120214 - Av. da Boavista, 604-610 [www.casadamusica.com](http://www.casadamusica.com)

## DAILY

**Serralves Foundation:** Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • [www.serralves.pt](http://www.serralves.pt)

## UNTIL FEBRUARY 21

**Exhibition 'Strange Garden' by Fabrica** - Dama Afília Art Gallery on Rua da Pícaria, Nº 84 - Porto

## GUIMARÃES

## UNTIL APRIL 11



**Exhibition MV/C+V** at Palácio Flor - Centro Cultural Vila Flor on Avenida D. Afonso Henriques, 701 - 253 424 700

## CENTRE

## CASCAIS

## DAILY

**Cascais Cultural Centre** • Concerts, shows, exhibitions, & other events. • shops, coffee shop & terrace • Open: 10h00-18h00 (Closed Mon) • Av. Rei Humberto II de Itália • 214848900

## DAILY

**Sea Museum - Rei D. Carlos** • Rua Júlio Pereira da Mello in Cascais • 214825400

## ESTORIL

**Casino Estoril** - Shows, games, concerts, lots of entertainment and Art Gallery - [Info.estoril@estoril-sol.com](mailto:Info.estoril@estoril-sol.com) 214667700 - 214825400

## LISBON

## FEBRUARY 15

**Oasis Live 'Dig Out Your Soul'** - Atlantic Pavilion - 20h00 - 707 780 000

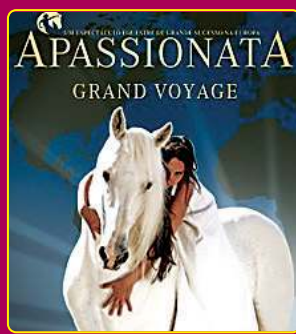
## DAILY

**Shows at Arena Lounge of Casino Lisboa:** Until 15 February: **STOMP**; 18 February to 15 March: **'Viva La Vida - Frida Kahlo'** 19 March: Debut of **'Blue Man Group'** - Casino Lisboa is on Alameda dos Oceanos at Park of Nations - T. 218 929 000



## HIGHLIGHT

**LISBON**  
27, 28 February & 28 Feb & 1 March at Campo Pequeno the Equestrian Show 'Apassionata - Grand Voyage'



(Times: 27 Feb at 21h30; 28 Feb at 16h00 & 21h30 and 1 March at 16h00) - A magical show for all the family - Forty-five of the noblest horse breeds are at the centre of musical, humour and horseback acrobatic riding show - Grand Voyage celebrates the relation of confidence and complicity between Man and horse, fascinating more than 750 thousand spectators around Europe - Children under 3, tickets are free; Tickets for the table area are only sold on site (each table has six seats sold to the same client) - Buy your tickets directly on locations shown at bottom of the page or make reservations through tel: 707 234 234 - Ticket prices range from €20 to €60.

## LISBON

Until 8 March, 'A Arte da Terra' presents 'Lenços dos Namorados - Porque o amor é uma forma de arte...' (Lovers' embroidered handkerchiefs - Because love is a form of art) - the 'Lenços



dos Namorados' will be on show at the magnificent centenarian building, next to the 'Sé de Lisboa' - 'A ARTE DA TERRA', is a space dedicated to Portuguese Traditional Culture, on Rua Augusto Rosa nº 40 - A Arte da Terra on Rua de Augusto Rosa, nº 40 - T. 212 745 975 - [arte@net.sapo.pt](mailto:arte@net.sapo.pt) - [www.aartedaterra.pt](http://www.aartedaterra.pt)

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to [copy@the-news.net](mailto:copy@the-news.net) by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: [www.pavilhaoatlantico.pt](http://www.pavilhaoatlantico.pt); [www.ticketline.pt](http://www.ticketline.pt) | Phone numbers: Ticketline 707 234 324



6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 MasterChef. (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Racing from Ascot and Haydock Park. Including the 2.15 Betfair Ascot Steeplechase (2m 5 1/2f). (T) 2.30 Live Six Nations Rugby Union. France v Scotland (Kick-off 3.00pm). (T)

5.00 BBC News; Regional News; Weather. (T)  
5.15 Live Six Nations Rugby Union. Wales v England (Kick-off 5.30pm). (T)

7.35 The National Lottery: In it to Win it. Dale Winton presents the quiz show in which five contestants answer questions to scoop a big prize - but one wrong response could lose them their share of the loot. Includes the all-important Lotto, Dream Number and Thunderball draws, with Jenni Falconer. Last in the series. (T)

8.25 Casualty. The threats against Curtis and Alice get more serious and the paramedic feels his only option is to cancel their date. Adam and Jordan begin to bond as they prepare to scatter Alex's ashes, and a man suffers severe injuries while trying to put some excitement back into his relationship. (T)

9.15 The Old Guys. Tom discovers he would qualify for a lump sum from his pension if he were married, so tries to strike up a deal with Sally. Meanwhile, Amber decides to impress her new boss by taking up cycling and, much to Tom's annoyance, receives tuition from Roy on how to ride a bike. Comedy, starring Clive Swift, Roger Lloyd Pack and Jane Asher. (T)

9.45 Live at the Apollo. Bafta-nominated show in which the best of Britain's stand-up comedians perform before a packed house at London's legendary Hammersmith Apollo. With host Michael McIntyre and guests Rich Hall and Rhod Gilbert. (R) (T)

10.30 BBC News; Weather; (T) National Lottery Update. (T)

10.50 A Question of Sport. Sue Barker hosts the quick-fire quiz, with Matt Dawson and Phil Tufnell heading the teams of celebrities whose knowledge is tested in such rounds as Sporting Legends and Football Pundits. (T)

11.20 FILM: High Crimes (2002). Thriller, starring Ashley Judd. (T)

1.10 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 2.15 BBC News. (T)



## BBC2

6.00 CBeebies: 6.00 Tikkabilla; (R) (T) Doodle Do Making Moments. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Batnik. (R) (T) 7.10 Animalia. (R) (T) 7.30 Mortified; (R) (T) 7.40 Prank Patrol Pocketsize. (R) (T) 8.00 Skunk Fu! (R) (T) 8.15 Sportsround. (T) 8.30 Richard Hammond's Blast Lab. (T) 9.00 Who Wants to Be a Superhero? (T) Bernard. (R) (T) 10.00 Basil's Swap Shop. (T) 11.00 Roar. (R) (T) 12.00 BBC Switch: Malcolm in the Middle. (T) 12.20 BBC Switch: Malcolm in the Middle. (T) 12.40 BBC Switch: Proper Messy. (T) 12.45 BBC Switch: The Almost Perfect Guide to Life. (T) 1.10 BBC Switch: Myths. (T) 1.15 BBC Switch: Sound. (T) 1.45 BBC Switch: Trex and Filipside. (T) 2.15 The Sky at Night. (R) (T) 2.35 Meerkat Manor. (R) (T) 3.00 Psych. (T) 3.45 Psych. (T) 4.30 Final Score. (T) 5.00 Coast. (R) (T) 6.00 Dad's Army. (R) (T) 6.30 Victorian Farm. (R) (T) 7.30 Arena: Tony Bennett - The Music Never Ends. The singer looks back on his life and work with his friend and fellow jazz enthusiast Clint Eastwood, tracing his influences through the jazz and musicals archives. (T) 9.00 Iran and the West. How the new Islamic Republic set out to improve relations with the West. (T) 10.00 QI. Rich Hall, Reginald D Hunter and Anne Anderson join regular panellist Alan Davies and host Stephen Fry for a fashion-themed edition of the quiz with a difference. (T) 10.45 Kings of Cool: The Classic Crooners. (R) (T) 11.35 FILM: For the Moment (1993). Romantic drama, starring Russell Crowe. (T) 1.35 Mad Men. (R) (T) 2.25 FILM: Turtles Can Fly (2004). Premiere. Gulf War drama, starring Soran Ebrahim. (T) 4.00 Close.

## LOCAL Best of the Rest

**RTP1**  
0630 Children TV 0655 Brinca Comigo 0800 Bom Dia Portugal 1100 Portugal sem Fronteiras 1300 News 1415 Top + 1530 Smallville, series 1630 Chuck, series 1715 Dança na Praça 1900 Vila Faia 2000 News 2100 Voz do Cidadão 2115 Liberdade 21 2215 Festival RTP 2330 Football Reviews 0000 Film 0200 Cold Case, series 0245 Film 0445 Top+ 0545 A Hora da Sorte 0600 Euronews

**RTP2**  
0700 Euronews 0800 África 7 Dias 0830 News 0900 One News 1000 A Alma e a Gente 1030 Biofera 1115 Bastidores 1145 Entre Pratos 1215 Rise of Man 1315 Antibiótico's Adventure 1400 Parlamento 1500 Sports 1900 Vida Normalmente 2000 Kaboom 2100 Species 2145 Hora da Sorte 2200 News 2240 Bowling for Columbo, film 0040 Fahrenheit, film 0240 Sports 0630 Euronews

**SIC**  
0600 Etnias 0645 Sic Kids 0830 Disney Kids 1000 Clone Wars, series 1030 Programada Lucy 1200 Our World: Ganges 1300 News 1400 Episódio Especial 1445 Futsal: Sassoeiros vs Sporting 1645 Ghost Whisperer, series 1745 Flight of the Fury, film 2000 News 2130 Não Há Crise 2245 The Secrets of Magic 2345 Tom Lá Dá Cá 0045 Levantate e Ri 0200 Catherine 0230 Todos em Linha 0415 Face Off, film

**TVI**  
0700 Children TV 0930 Smackdown - Wrestling 1030 Campeões e Detectives 1115 Deluxe 1215 Antevésio 1300 News 1400 The Cheetah Girls, film 1600 Homem Perfeito, film 1800 Bandidos, film 2000 News 2130 Flor do Mar 2230 Felício do Amor 2330 Olhos nos Olhos 0015 Escondido Perfeito, film 0230 Sempre a Soma 0400 The Office, series 0430 Damages, series 0530 TeleSales

**BBC3**  
7.00 The Wrong Door: Best Bits 7.10 The Real Hustle 7.40 The Real Hustle 8.10 Top Gear 9.15 Film: Things to Do Before You're 30 10.15 (2004) 10.00 Live at the Apollo 11.35 Family Guy 12.00 Family Guy 12.20 Being Human 1.20 Paparazzi: Next Generation 2.20 Naked 3.15 The Real Hustle 3.45 Film: The Real Hustle 4.15 Paparazzi: Next Generation 5.15 Close

**BBC4**  
7.00 Men, Women and Clothes 7.30 Wives and Daughters 9.00 New Town 10.00 Iran and Britain 11.00 Storyville: Prostitution Behind the Veil 11.55 Comedy Songs - The Pop Years 1.25 Timeshift: The Comic Songbook 2.25 Iran and Britain 3.25 New Town 4.25 Close

**ITV2**  
2.15 Paris Hilton's British Best Friend 3.15 Gossip Girl 4.15 American Idol 5.15 American Idol 7.15 Film: The Flintstones U (1994) 9.00 Film: Dante's Peak 12 (1997) 11.10 Film: Thirteen 18 (2003) 1.15 Breaking Up with Shannen Doherty 1.35 American Princess 2.25 Teleshopping 5.25 ITV2 Nightscreen

**Sky1**  
1.00 Futurama 1.30 Futurama 2.00 Don't Forget the Lyrics 3.00 Project Runway 4.00 Gladiators 5.00 The Simpsons 5.30 The Simpsons 6.00 Noel's HQ 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Ross Kemp: Return to Afghanistan 10.00 Ross Kemp: Return to Afghanistan 11.00 24 12.00 Road Wars 1.00 Road Wars 1.55 Street Wars 2.50 Sex on the Beach 3.45

**Removals & Storage**  
Local and national removals  
UK & European Removals  
International shipping  
Professional packing service  
On-site secure storage

## Pick of the Day

## Ant &amp; Dec's Saturday Night Takeaway (ITV1 Granada, 7.45pm)

It's Valentine's Day, and for those of us without a special someone this year, it's time to dry those tear-filled eyes because the cheeky chappies' award-winning show returns for a staggering ninth run. Yes, that's right, Ant and Dec are back, and they have one heck of a show planned to kick off what promises to be another belting series. Paris Hilton is in the voiceover booth for the series opener and she's bound to have the lads in the palm of her hand as she introduces each segment. Following her scintillating performance on The X Factor last year, singer-songwriter Milly Cyrus takes to the stage and will no doubt wow the British audience again with her latest single Fly On The Wall. New game Escape From Takeaway Prison sees 20 celebrities try to secure their freedom by successfully negotiating a series of giant obstacle courses. Ant v Dec: The Teams sees even more famous faces return to the studio for a variety of tasks. The hugely popular Grab The Ads game also returns, giving viewers at home the chance to win anything from luxury holidays to toilet paper.

## C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (T) 7.00 The Great North Swim. (R) 8.00 The Morning Line. (T) 8.55 T4: One Tree Hill. (T) 9.50 T4: Friends. (R) (T) 10.20 T4: Confessions of a Shopaholic: T4 Movie Special. (T) 10.55 T4: T4's Brits Tips. (T) 11.55 T4: Shipwrecked 2009: Battle of the Islands. (R) (T) 1.00 T4: Scrubs. (T) 1.30 T4: Scrubs. (T) 2.00 Channel 4 Racing from Wincanton, Uttoxeter and Haydock Park. Including the 3.45 Bathwick Tyres Kingwell Hurdle (2m). (T) 3.55 4Sport: Live Athletics. The European Indoor Trials and UK Championships. (T) 4.55 Quest for the Lost Ark. (R) (T) 6.30 Channel 4 News. (T) 7.00 Channel 4 Political Awards. Jon Snow presents the 11th annual ceremony celebrating political achievement in a year dominated by economic crisis and the surprise returns and resignations of key figures. (T) 8.00 Grand Designs. Kevin McCloud follows Sarah and Dean Berry, a couple who have bought an 18th-century folly - a castle perched on a hilltop - in their hometown of Newport, Gwent. (R) (T) 9.00 FILM: Collateral (2004). A Los Angeles taxi driver endures the longest night of his life when his cab is hijacked by a hitman with five contract killings to carry out. Thriller, with Tom Cruise and Jamie Foxx. (T) 11.15 FILM: Batman (1989). Comic-book adventure, with Michael Keaton and Jack Nicholson. (T) 1.35 FILM: The Young Poisoner's Handbook (1995). Black comedy, starring Hugh O'Connor. (T) 3.20 Christianity: A History. (R) (T) 4.20 Time Team. (R) (T) 5.10 Countdown. (R) (T)

## FIVE

6.00 Sunrise. 7.00 Milkshake!: Chiro. (R) (T) 7.05 Milkshake! Music Box. (R) (T) 7.10 Ebb and Flow. (R) (T) 7.15 Franklin. (R) (T) 7.45 Franny's Feet. (R) (T) 8.00 Hana's Helpline. (R) (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.30 Play! (R) (T) 8.40 Bert and Ernie's Great Adventures. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 Rupert Bear. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Everybody Hates Chris. (R) (T) 10.30 Ten and a Half Men. (R) (T) 11.00 Fifth Gear. (R) (T) 12.00 The Sharkman. (R) (T) 1.00 Jaguar Adventure with Nigel Marven. (R) (T) 2.00 FILM: Every Time We Say Goodbye (1986). World War Two romantic drama, starring Tom Hanks. (T) 3.45 FILM: All Dogs Go to Heaven II (1996). Animated sequel, with the voice of Charlie Sheen. (T) 5.15 FILM: The Wedding Planner (2001). Romantic comedy, starring Jennifer Lopez. (T) 7.05 Minder. Archie helps an old friend organise his daughter's wedding. (R) (T) 8.05 Five News and Sport. (T) 8.15 NCIS. Gibbs faces an old adversary who has re-emerged with a plan to assassinate the president, and taken Kate hostage in a bid to ensure success. Mark Harmon and Sasha Alexander star. (R) (T) 9.15 CSI: NY. When three men are simultaneously shot dead in separate locations, the agents try to link the murders and discover a connection to the killing of a drug lord. Gary Sinise stars. (T) 10.15 Law & Order. (T) 11.15 NCIS. (R) (T) 12.15 Quiz Call. 4.00 Tim Marlow on Constable: The Great Landscapes. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Out of Practice. (R) (T) 5.35 Out of Practice. (R) (T)

## MOVIES

## Sky Movies Drama

7.00 The Apartment PG (1960) 9.15 To Catch a Thief PG (1955) 11.15 Back to the Future PG (1985) With Michael J Fox. 1.15 Saving Private Ryan 15 (1998) With Tom Hanks. 4.10 The Bridges at Toko-Ri U (1954) With William Holden. 6.00 Back to the Future PG (1985) With Michael J Fox. 8.00 Saving Private Ryan 15 (1998) With Tom Hanks. 10.50 The Usual Suspects 18 (1995) With Gabriel Byrne. 12.40 The Bridges at Toko-Ri U (1954) With William Holden. 2.30 The Diary of Anne Frank U (1959) With Millie Perkins. 5.30 Benjamin Button Special

## Sky Movies Comedy

6.00 Norbit 12 (2007) 7.45 He's Just Not That Into You Special 8.05 As Good as It Gets 15 (1997) 10.30 Run, Fat Boy, Run 12 (2007) 12.15 Enchanted PG (2007) With Amy Adams. 2.15 Knocked Out 15 (2007) With Seth Rogen. 4.30 The Bachelor 12 (1999) With Chris O'Donnell. 6.15 Run, Fat Boy, Run 12 (2007)

With Simon Pegg. 8.00 Enchanted PG (2007) With Amy Adams. 10.00 Knocked Out 15 (2007) With Seth Rogen. 12.15 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 2.15 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 3.45 Norbit 12 (2007) 5.30 Don't Go Breaking My Heart PG (1999)

## Sky Movies Action/Thriller

7.15 The Librarian: Return to King Solomon's Mines PG (2006) 8.55 The Net 12 (1995) 10.55 Rocky Balboa 12 (2006) 12.55 Flags of Our Fathers 15 (2006) With Ryan Phillippe. 3.10 Full Metal Jacket 18 (1987) With Matthew Modine. 5.10 Next 12 (2007) With Nicolas Cage. 7.00 Rocky Balboa 12 (2006) With Sylvester Stallone. 9.00 The Net 12 (1995) With Sandra Bullock. 11.00 Death Proof 18 (2007) With Kurt Russell. 1.05 Smokin' Aces 18 (2006) With Jeremy Piven. 3.00 In Dreams 18 (1999) With Annette Bening. 4.45 The Librarian: Return to King Solomon's Mines PG (2006)

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5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Crocodile Hunter Diaries. (R) (T) 9.55 Dancing on Ice. (R) (T) 11.35 Dancing on Ice: The Skate Off. (R) (T) 12.05 ITV News and Weather; Weather. (T) 12.10 Live FA Cup Football. Swansea City v Fulham (Kick-off 12.45pm). (T) 2.55 Inspector Morse. (R) (T) 4.55 The Unforgettable Larry Grayson. (R) (T)

5.25 London Tonight; Weather. (T)  
5.40 ITV News and Weather. (T)  
5.55 Creature Comforts. Sleep patterns come under the microscope as a tortoise discusses insomnia, a woodlouse despairs of finding a solution for snoring and nocturnal critters talk about the night shift. (R) (T)

6.05 Creature Comforts. Personal grooming in the animal world. (R) (T)

6.15 The Best of You've Been Framed! Harry Hill presents a selection of the funniest clips. (R) (T)

7.15 Harry Hill's TV Burp. The comedian looks back at the week's small-screen highlights, subjecting the latest soap sagas, reality shows and documentaries to his unique brand of scrutiny. (T)

**7.45 Ant & Dec's Saturday Night Takeaway.** New series. Hollywood A-lister Paris Hilton is in the voiceover box as the Georgie duo return with their entertainment show, and singer-songwriter Milly Cyrus performs. New feature Escape from Takeaway Prison sees 20 celebrity prisoners trying to flee over giant obstacles, while in Ant v Dec: The Teams, the pair are joined by famous faces to undertake six new challenges. Plus, new Grab the Ads game Lucky Sheep Dip, as well as the usual chance for a member of the studio audience and viewers at home to win the contents of last week's TV commercials. (T)

9.00 Dancing on Ice: The Story of Bolero with Torvill and Dean. Documentary marking the 25th anniversary of the ice dancing performance that won Jayne Torvill and Christopher Dean the gold medal at the Winter Olympics in Sarajevo. (T)

10.00 ITV News and Weather; Weather. (T)  
10.15 FA Cup Football Highlights. Matt Smith presents action from today's fifth-round ties, including Swansea City v Fulham at the Liberty Stadium and Watford v Chelsea at Vicarage Road. The Swans ended the hopes of holders Portsmouth in the last 32 and faced top-flight opposition for the second successive round. The Hornets held the Blues to a 2-2 draw on this ground in the third round of the 2003/04 competition, but were humbled 4-0 in the replay. With commentary by Peter Drury, John Rawling and Jon Champion. (T)

11.45 FILM: Timecop: The Berlin Decision (2003). Premiere. Sci-fi thriller sequel, starring Jason Scott Lee; (T) ITV News Headlines.

1.15 Nightwatch with Steve Scott: Action Stations. (R) (T) 2.10 Nightwatch with Steve Scott: Crime. (R) (T) 3.00 ITV Nightscreen.

## SPORT

## Sky Sports 1

6.00 Live European Tour Golf. The Malaysian Open. 8.30 FIFA Futbol Mundial 9.00 Soccer AM 12.00 Soccer Saturday 1.30 Live Test Cricket. West Indies v England. 9.30 Football Special 10.30 Rugby Union 12.30 Football Special 1.30 Super League 3.30 Rugby Union 5.30 Licence to Le Mans

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 Live Rugby Union. Hurricanes v Waratahs (Kick-off 6.30am). 8.30 Women's Golf 10.30 World Sport 11.00 Rugby Union 1.00 Ocean Race 1.30 Soccer Saturday 5.30 Ocean Race 6.00 Sailing 7.00 World Sport 7.30 Live Super League. 8.30 City Reds v Celtic Crusaders (Kick-off 7.30pm). 9.30 Golf Night 12.00 Sailing 1.00 Spanish Football 2.30 World Match Tour Sailing 3.00 Sailing 4.00 World Sport 4.30 Live European Tour Golf. The Malaysian Open.

## Sky Sports 3

6.00 Tight Lines 7.00 Big League Weekend 8.00 Friday Fight Night 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Live Tennis. The ABN AMRO World Tennis Tournament. 3.00 World Sport 3.30 Ocean Race 4.00 WWE: Smackdown 6.00 Licence to Le Mans 6.30 Live Tennis. The ABN AMRO World Tennis Tournament. 8.30 Ocean Race 9.00 Max Power 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Max Power 3.00 Sports Unlimited 4.00 Spanish Football 5.30 Ocean Race

## British Eurosport

7.30 Live Biathlon. The World Championships begin in Pyeongchang, South Korea. 9.15 Alpine Skiing 10.00 Live Biathlon. The World Championships in Pyeongchang, South Korea. 11.45 Live Cross-Country Skiing. The women's 10km classic technique from Val di Drento in Italy. 12.30 Live Alpine Skiing. The women's slalom at the World Championships in Val di Isère. 1.30 Live Cross-Country Skiing. The men's 15km classic technique from Val di Drento in Italy. 2.45 Live Ski Jumping. The HS213 individual jump from Oberstdorf in Germany. 4.45 Alpine Skiing 4.55 World Rally Championship 5.25 Alpine Skiing 6.30 Biathlon 7.45 Boxing 9.30 World Rally Championship 10.00 Live Cycling. The Tour of California. 12.00 Live Luge. World Cup coverage from Calgary, Canada. 12.30 Planet Armstrong 12.35 World Rally Championship 1.05 Close

## Sky Sports Xtra

6.00 FIFA Futbol Mundial 6.30 British Ice Hockey 9.00 Super League 11.00 Max Power 12.00 European Tour Golf 4.00 Women's Golf 6.00 WWE: Bottom Line 7.00 Live Spanish Football. Real Betis v Barcelona (Kick-off 7.00pm). 9.00 Live Spanish Football. Valencia v Malaga (Kick-off 9.00pm). 11.00 Tennis 1.00 Golf Night 3.30 Tennis 5.30 World Match Tour Sailing

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## BBC1

6.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 'Allo 'Allo! (R) (T) 1.25 Diagnosis Murder. (R) (T) 2.10 EastEnders. (T) 4.05 Wild About Your Garden. (T) 4.04 Lifetime. (T)

5.00 Songs of Praise. Pam Rhodes recalls American evangelist Billy Graham's 1984 tour of England, when more than a million people heard him preach. Hymns include Majesty and Just As I Am. (T)

5.35 BBC News: Regional News; Weather. (T) 6.00 Nature's Great Events. The planet's most dramatic wildlife spectacles. (R) (T)

7.00 Antiques Roadshow. Fiona Bruce presents the second of two programmes from Dulwich Art Gallery. Items brought for appraisal by the experts include an early illustration by Heath Robinson, a rare and mysterious set of miniatures found on a bus, and a book that has been on loan for half a century, which turns out to be worth a small fortune. (T)

8.00 Lark Rise to Candleford. James's life is sent into a spin by the arrival of a rich woman from London who casts new light on his past and jeopardises his romance with Dorcas. A visit by Emma's dad leads to revelations about Queenie and Twister's relationship, while Robert is upset by the prospect of his father-in-law staying on at End House. Drama, starring Jason Merrells, Julia Sawalha and Claudie Blakley, with Paul Freeman. (T)

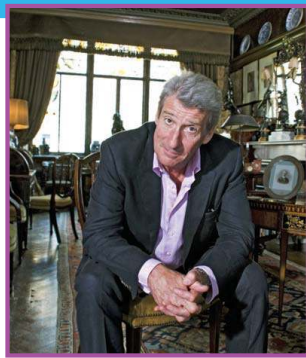
**9.00 The Victorians.** New series. Jeremy Paxman employs 19th-century paintings to explore the urban travelling that took place in Victorian Britain. Explaining to Manchester, he tells the story of James Sharpley, the ironworker painter who depicted the Industrial Revolution, before visiting Glasgow's Kelvingrove Art Gallery and then following in the footsteps of Gustave Dore, who detailed the squalor of London's East End. (T)

10.00 BBC News; Weather. (T)

10.20 Damages. New series. In the wake of the lawsuit against Arthur Frohisher, Ellen is in therapy and is co-operating with a federal investigation of Patty. Opting to take a break from her legal practice, Patty has turned her attention to a her charitable foundation, but a face from the past threatens to bring her back into the cut and thrust of the law. Starring Glenn Close, Rose Byrne and William Hurt. (T)

11.20 FILM: Runaway Jury (2003). Thriller, starring John Cusack; (T) Weatherwise. (T)

1.25 Sign Zone: Nature's Great Events. (R) (T) 2.25 Sign Zone: HOLBY CITY. (R) (T) 3.25 Sign Zone: Moses Jones. (R) (T) 4.25 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Doodle Do Making Moments. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 Animalia. (R) (T) 7.30 Mortified; (R) (T) Prank Patrol Pocketsize. (R) (T) 8.00 The Revenge Files of Alistair Fury. (R) (T) 8.30 Only in America. (R) (T) 9.00 The Sorcerer's Apprentice. (T) 10.00 Something for the Weekend. (T) 11.30 Film 2009 with Jonathan Ross. (R) (T) 12.00 Animal Park. (R) (T) 1.00 Escape to the Country. (R) (T) 2.00 Live Six Nations Rugby Union. Italy v Ireland (Kick-off 2.30pm). (T) 4.30 Ski Sunday. (T) 5.00 Orangutan Diary. (R) (T) 5.30 Dragons' Den: Outside the Den. (R) (T) 6.30 Amazon with Bruce Parry. (T) 7.30 Top Gear. Jeremy Clarkson, James May and Richard Hammond search for an alternative to the modern police car and Alan Carr and Justin Lee Collins are the Stars in Reasonably Priced Car. (R) (T) 8.30 Richard Hammond's Engineering Connections. New series. The development of major technological feats. (T) 9.20 Explore. Simon Reeve leads a team of journalists into the Philippines, exploring the mountainous rice terraces of the north and the war-torn Muslim regions of the south. Last in the series. (T) 10.20 High Altitude. (T) 10.50 FILM: Shooting Dogs (2006). Premiere. Drama, starring John Hurt. (T) 12.40 FILM: When Brendan Met Trudy (2000). Romantic comedy, starring Peter McDonald. (T) 2.15 BBC News. (T) 4.25 The Super League Show. (T) 5.10 Close.

## Pick of the Day

**The Victorians (BBC1, 9pm)**

When thinking of presenters for a new history programme, Newsnight and University Challenge host Jeremy Paxman is probably not among your top five. Yet here he is, in all his glory, fronting this new, flagship series. And it turns out he's the ideal choice to look at all things Victorian, given his passion for the era's art. "Victorian paintings are certainly not fashionable today," he says, "but to me they are a gold mine. Like nothing else they show us what it was like to live in those extraordinary times. And they tell amazing stories." He uses his love of the subject as a starting point, and in this opener, examines the boom in cities as the urban revolution took hold. Paxman takes a canal boat to Manchester, and apart from visiting a working cotton mill and shovelling down gravel in a workshop, he also lifts the lid on the work of one James Sharpley, the ironworker painter who first depicted the energy of the industrial revolution. Paxman then continues on his journey northwards to reveal how the Victorian age was one of great civic activity, and puts forward the Kelvingrove Art Gallery as a fine example. The presenter then hot-foots it to London to tell the story of Frenchman Gustave Dore, who shed light on the deprivation so keenly felt by the poor, huddled masses who made the capital their home.

## C4

5.55 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (T) 7.00 Transworld Sport. (T) 7.55 4Sport: Destination 2012. (T) 8.50 T4: Bolt: T4 Movie Special. (R) (T) 9.20 T4: Friends. (R) (T) 9.45 T4: Hollyoaks. (T) 12.15 T4: Shipwrecked 2009: Battle of the Islands. (T) 1.15 T4: Album Chart Show: Lily Allen Special. (T) 1.50 T4: The Big Bang Theory. (R) (T) 2.15 T4: The Simpsons. (T) 2.45 T4: The Simpsons. (T) 3.15 T4: The Simpsons. (T) 3.45 4Sport: Live Athletics. The European Indoor Trials and UK Championships. (T) 4.45 Deal or No Deal Love Week. (T) 5.30 Time Team. (T) 6.30 Channel 4 News. (T) 7.00 Christianity: A History. Playwright and Christian Kwame Kwesi-Armah describes the religion's spread into Africa and Latin America, finding that it thrived despite the unpopularity of the missionary movement. (T) 8.00 Celebrity Come Dine with Me. New series. With Christopher Biggins, Edwina Currie, Julia Bradbury and Phillip Olivier. (T) 9.00 FILM: Mission: Impossible III (2006). Premiere. A former spy is called out of retirement to rescue an old colleague, but ends up in a struggle to save his fiancée's life. Action sequel, with Tom Cruise and Philip Seymour Hoffman. (T) 11.20 FILM: Jerry Maguire (1996). Comedy drama, starring Tom Cruise. (T) 1.55 The Seven Ages of Love. (R) (T) 2.25 Loves Me, Loves Me Not. (R) (T) 2.35 Hill Street Blues. (R) 3.20 Christianity: A History. (R) (T) 4.20 Time Team. (R) (T) 5.10 Countdown. (R) (T)

## FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Peppa Pig. (R) (T) 6.30 Pocoyo. (R) (T) 6.35 The Beeps. (R) (T) 6.50 Angels of Jarm. (R) (T) 7.00 Chiro. (R) (T) 7.05 Milkshake! Music Box. (R) (T) 7.15 Franklin. (R) (T) 7.40 Franny's Feet. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Hana's Helpline. (R) (T) 8.25 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.35 Play! (R) (T) 8.45 Bert and Ernie's Great Adventures. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.25 Rupert Bear. (R) (T) 9.35 Jane and the Dragon. (R) (T) 10.00 Cheetah Man. (R) (T) 11.00 Cowboy Builders. (R) (T) 12.00 Numb3rs. (R) (T) 1.30 Animal Rescue Squad. (R) (T) 1.30 Zoo Days. (R) (T) 2.15 FILM: The Slipper and the Rose (1976). Musical version of Cinderella with Richard Chamberlain. (T) 4.50 FILM: Getting Even with Dad (1994). Family comedy, starring Macaulay Culkin. (T) 6.45 Five News and Sport. (T) 7.00 Ice Road Truckers. Alex must overcome health concerns to haul his biggest ever load, and the rig move reaches a crucial stage. Rick confronts his boss, and Hugh gets stuck with a dirty job. (R) (T) 8.00 FILM: The Dirty Dozen (1967). Twelve convicts are sent on a mission to destroy a French chateau being used by the German military. World War Two action adventure, starring Lee Marvin and Telly Savalas. (T) 10.55 Soho Blues. (R) (T) 11.55 Lockdown. (R) (T) 12.55 NBA Basketball. 4.20 The X Games. 5.10 Out of Practice. (R) (T) 5.35 Out of Practice. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 FA Cup Football Highlights. (R) 10.55 The Championship. (T) 11.55 ITV News and Weather; Weather. (T) 12.00 Coronation Street. (T) 2.15 Dancing on Ice: The Story of Bolero with Torvill and Dean. (R) (T) 3.15 The Krypton Factor. (R) (T) 3.45 London Tonight; Weather. (T) 4.00 Live FA Cup Football. Derby County v Manchester United (Kick-off 4.30pm). (T)

6.45 ITV News and Weather. (T)

6.55 Dancing on Ice. Phillip Schofield and Holly Willoughby present the skating challenge as the eight remaining duos compete in an Eighties-themed night to celebrate 25 years since Torvill and Dean's Olympic victory in Sarajevo. With music and costumes inspired by the decade, the contestants hope to impress judges Robin Cousins, Ruthie Henshall, Jason Gardiner, Nicky Slater and Karen Barber, as well as secure the viewers' vote. The results can be seen at 9.30pm. (T)

8.30 Wild at Heart. The Leopard's Den residents are devastated when Du Plessis reveals he is moving to England to be with Caroline - especially Danny when he realises his friend's flight leaves the following day. Fatani buys a lion that will not come out of its cage, and when Rose investigates she discovers a shocking case of negligence by the previous owner, so vows to do whatever is necessary to save the man's other animals. Deon Stewardson, Lucy-Jo Hudson and Stephen Tompkinson star. (T)

9.30 Dancing on Ice: The Skate Off. Phillip Schofield and Holly Willoughby preside as the two couples with the lowest scores skate again to stay in the competition. Judges Robin Cousins, Ruthie Henshall, Jason Gardiner, Nicky Slater and Karen Barber decide which duo have skated for the final time. (T)

10.00 ITV News and Weather; Weather. (T) 10.20 FA Cup Football Highlights. Action from this afternoon's fifth-round ties, featuring Derby County v Manchester United at Pride Park and Everton v Aston Villa at Goodison Park. Presented by Matt Smith, with commentary by Clive Tyldesley and analysis from Robbie Earle. FILM: Swansong (1978). Detective thriller, starring John Thaw and Dennis Waterman; (T) ITV News Headlines.

1.35 The Cosby Mysteries. (R) (T) 2.20 Raines. (R) (T) 3.10 The Love Industry: Tonight. (R) (T) 3.35 ITV Nightscreen.

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## LOCAL

**RTP1**  
0630 Children TV 0645 Brinca Comigo 0800 Bom Dia Portugal 1000 Mass 1100 Minival 1200 Making Of 1230 Contra Informação 1300 News 1415 Sô Vistol 1515 Prison Break, series 1630 Film 1830 Vila Faia 1900 Football: FC Porto vs Rio Ave 2100 News 2200 As Escolas de Rebelo de Sousa 2225 Conta-me como foi 2330 Sports 0230 Film 0415 Sô Vistol 0515 Euronews 0605 Nôis

**RTP2**  
0700 Euronews 0730 África@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nôis 1100 Da Terra ao Mar 1130 Consigo 1200 Vida por Vida 1230 Olhar o Mundo 1300 National Geographic 1400 Carga Nômada 1445 Voz do Cidadão 1500 Sports 1900 Três Andamentos 1930 Alma e a Gente 2000 The Simpsons 2100 Sete Palmas de Testa 2200 News 2230 Câmara Clara 2350 Britcom 0050 Onda Curta 0150 Sports

**SIC**  
0645 Sic Kids 0845 Disney Kids 1045 Tween Box 1200 BBC Wild Life: Pacific Wreck Abyss 1300 News 1400 Fama Show 1445 Wendy Wu, film 1630 50 First Dates, film 1815 Maid in Manhattan, film 2000 News 2100 Grande Reportagem SIC 2145 Vip Manicure 2230 Atrê-te a Cantar 0000 Toma lá dá cá 0045 Desperate House Wives, series 0145 Cathouse 0230 Todos em Linha 0415 Head in the Clouds, film

**TVI**  
0700 Children's TV 0930 O Bando dos Quatro 1030 Hanna Montana 1115 Mass 1300 News 1400 Air Buddies, film 1600 Basico, film 1800 The Fast & the Furious, film 2000 News 2100 Reporter TV 2200 Equador 2300 Feição do Amor 0000 Casos da Vida 0200 Sempre a Somar 0330 The Office, series 0400 Damages, series 0500 Teleales 0630 Todos Iguais

## Best of the Rest

**BBC3**  
7.00 Match of the Day Live 9.20 Being Human 10.20 Family Guy 10.45 Family Guy 11.05 The Undercover Princes 12.05 Grownups 12.35 Being Human 1.35 Naked 2.30 Paparazzi: Next Generation 3.30 The Undercover Princes 4.30 Naked 5.30 Close

**BBC4**  
7.00 Stephen Fry in America 8.00 Seaisick Steve: Bringing It All Back Home 8.30 Seaisick Steve at Reading 2008 9.00 The History Man 10.35 Mark Lawson Talks to Antony Sher 11.35 Home 12.35 Citizen Smith 1.05 Why Reading Matters 2.05 How Reading Made Us Modern 3.05 Mark Lawson Talks to Antony Sher 4.05 Close

**ITV2**  
1.00 Ant & Dec's Saturday Night Takeaway 2.15 Kids Do the Funniest Things 3.15 The Planet's Funniest Animals 3.45 Film: The Flintstones U (1994) 5.30 Coronation Street 8.00 Paris Hilton's British Best Friend 8.00 Supernatural 10.00 Film: 8 Mile 15 (2002) 12.10 Dancing on Ice 1.45 (Dancing) on Ice: The Skate Off 2.10 Teleshopping 5.05 ITV2 Nightscreen

**Sky1**  
1.00 Futurama 1.30 Futurama 2.00 Futurama 2.30 Futurama 3.00 Futurama 3.30 Futurama 4.00 Futurama 4.30 Futurama 5.00 Futurama 5.30 The Simpsons 6.00 Gladiators: Battle of the Forces 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Lost 10.00 Ross Kemp: Return to Afghanistan

11.00 Night Cops 12.00 Women Who Kill 1.30 Street Wars 2.25 The Villa 3.20 Sex on the Beach 4.15 Tenerife Uncovered 5.10 Guilty! **G.O.L.D**  
1.05 Only Fools and Horses 1.45 Only Fools and Horses 3.15 Whatever Happened to the Likely Lads? 3.55 Ever Decreasing Circles 4.35 Citizen Smith 5.15 Only Fools and Horses 6.55 Film: Ghostbusters PG (1984) 9.00 Open All Hours 9.40 Seven of One 10.20 Porridge 11.00 Citizen Smith 11.40 Ever Decreasing Circles 12.20 Open All Hours 1.00 Seven of One 1.40 Porridge 2.20 Sorry! 3.00 Close

**TCM**  
1.05 Gunfight at Comanche Creek U (1963) 3.00 The Singing Nun U (1966) 4.55 The Searchers U (1956) 7.10 Montana PG (1950) 8.30 Under the Influence 9.00 Bloodbrothers 15 (1978) 11.15 Badlands 18 (1973) 1.05 Bloodbrothers 15 (1978) 3.10 Badlands 18 (1973) 5.00 Murder, She Said U (1961)

**The Disney Channel**  
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## MOVIES

**Sky Movies Drama**

6.00 The Black Swan PG (1942) 7.30 The Big Country PG (1958) 10.30 Oscar Nominations Special 11.00 Elizabeth: The Golden Age 12 (2007) With Cate Blanchett. 1.00 Babel 15 (2006) With Brad Pitt. 3.30 Panic in the Streets PG (1950) With Richard Widmark. 5.15 The Big Country PG (1958) With Gregory Peck. 8.00 Elizabeth: The Golden Age 12 (2007) With Cate Blanchett. 10.00 Babel 15 (2006) With Brad Pitt. 12.30 A Fish Called Wanda 15 (1988) With John Cleese. 2.30 Panic in the Streets PG (1950) With Richard Widmark. 4.10 The Black Swan PG (1942) 5.40 Oscar Winners Season Special

**Sky Movies Comedy**

7.10 Runaway Bride PG (1999) 9.10 Sleepless in Seattle PG (1993) 11.00 Definitely Maybe 12 (2008) With Ryan Reynolds. 1.00 Wedding Daze 15 (2006) With Jason Biggs. 2.35 Mannequin PG (1987) With Andrew McCarthy. 4.10 Runaway Bride PG (1999) With Julia Roberts.

6.10 Sleepless in Seattle PG (1993) With Tom Hanks. 8.00 Definitely Maybe 12 (2008) With Ryan Reynolds. 10.00 Good Luck Chuck 15 (2007) With Dane Cook. 11.45 Wedding Daze 15 (2006) With Jason Biggs. 1.20 Boomerang 15 (1992) With Eddie Murphy. 3.20 Working Girl 15 (1988) 5.15 Mannequin PG (1987)

**Sky Movies Action/Thriller**

6.25 The Magic Sword: The Quest for Camelot PG (1998) 8.05 Mr Nice Guy 15 (1997) 9.50 The Italian Job PG (1969) 11.45 Blue Streak 12 (1999) With Martin Lawrence. 1.30 Shooter 15 (2007) With Mark Wahlberg. 3.50 Jaws 3 12 (1983) With Dennis Quaid. 5.45 Lake Placid 15 (2000) With Bill Pullman. 7.20 Blue Streak 12 (1999) With Martin Lawrence. 9.00 Shooter 15 (2007) With Mark Wahlberg. 11.10 Soldier 18 (1998) With Kurt Russell. 12.55 The Brave One 18 (2007) With Jodie Foster. 3.05 Dad Savage 18 (1997) 4.55 The Magic Sword: The Quest for Camelot PG (1998)

## SPORT

**Sky Sports 1**

6.00 Spanish Football 7.30 Football Special 8.30 Live International Cricket. Australia v New Zealand. 12.00 Goals on Sunday 1.30 Live Test Cricket. West Indies v England. 9.30 International Cricket 12.30 Wild Spirits 1.00 Live WWE Wrestling: No Way Out. From the Key Arena in Seattle. 4.00 Premiership Rugby Union 5.30 Wild Spirits

**Sky Sports 2**

6.00 Live European Tour Golf. The Malaysian Open. 8.30 Wild Spirits 9.00 World Sport 9.30 The Sunday Supplement 11.00 Sailing 12.00 Max Power 1.00 Live Tennis. The ABN AMRO World Tennis Tournament final. 3.00 NFL: Total Access 4.00 Wild Spirits 4.30 Live Premiership Rugby Union. London Wasps v Leicester Tigers (Kick-off 5.00pm). 7.00 NFL: Total Access 8.00 Live NASCAR. The Daytona 500. 12.30 Spanish Football 2.00 International Cricket 5.00 Close

**Sky Sports 3**

6.00 Watersports World 7.00 Super League 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Racing News 11.30 Wild Spirits 12.00 European Tour Golf 4.00 Live Spanish Football. Sporting Gijon v Real Madrid (Kick-off 4.00pm). 6.00 Live Spanish Football. Espanyol v Sevilla (Kick-off 6.00pm). 8.00 Live Spanish Football. Atletico Madrid v Getafe (Kick-off 8.00pm). 10.00 Premiership Rugby Union 11.30 WWE: Late Night - Afterburn 12.30

WWE Vintage Collection 1.30 Tennis 3.30 Spanish Football 5.00 Close

**British Eurosport**

7.30 Ski Jumping 8.00 Live Biathlon. The World Championships continue in Pyeongchang, South Korea. 8.45 Live Alpine Skiing. The men's slalom at the World Championships. 10.00 Live Biathlon. The World Championships in Pyeongchang, South Korea. 11.00 Ski Jumping 12.15 Live Nordic Combined Skiing. The World Cup meeting from Klingenthal in Germany. 12.15 Live Alpine Skiing. The World Championships reach a conclusion in Val d'Isere. 1.30 Live Ski Jumping. The World Cup HS213 team event from Oberstdorf, Germany. 2.30 Live Nordic Combined Skiing. The World Cup meeting from Klingenthal, Germany. 2.45 Live Ski Jumping. The World Cup HS213 team event from Oberstdorf, Germany. 3.45 Wintersports Weekend 4.00 Live Cycling. The World Cup Classics event from Copenhagen. 6.00 WTA Tennis 7.30 Athletics 9.30 World Rally Championship 9.55 Planet Armstrong 10.00 Live Cycling. The Tour of California. 12.00 World Rally Championship 12.30 Close

**Sky Sports Xtra**

6.00 Wild Spirits 6.30 Rugby Union 8.30 Women's Golf 10.30 Ocean Race 11.00 Rugby Union 1.00 Sailing 2.00 International Cricket 5.00 Women's Golf 7.00 WWE: Experience 8.00 Golf Night 10.30 Tennis 12.30 Golf Night 3.00 Wattersports World 4.00 Close

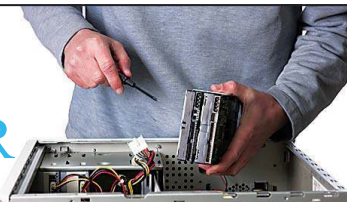
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BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under. (R) (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: 3.05 Kerwhizz; (T) The Owl. (R) (T) 3.30 CBBC: Bear Behaving Badly. (R) (T) 3.50 Eliot Kid. (R) (T) 4.05 One Minute Wonders. (T) 4.35 Half Moon Investigations. (T) 5.05 Newswound. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public try to outdo each other to win a cash prize. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)

7.30 Watchdog. Investigation show, fighting for consumers' rights. Nicky Campbell, Julia Bradbury and Paul Heiney present; (T) BBC News; Regional News. (T)

8.00 EastEnders. Dawn refuses to believe Garry is dead as Minty and Charlie prepare for the worst. Zainab wins a staff vote against Ian, while Ricky and Bianca receive a joint wedding invitation from Peggy. (T)

8.30 Panorama. With leading security agencies in the UK reporting difficulties keeping track of the country's Islamic extremists, ministers are now preparing to announce a new counter-terror strategy. Richard Watson questions this approach, asking whether authorities should be entering communication with these radicals rather than isolating them. He also examines claims that government-funded community projects are being covertly used to gather intelligence. (T)

9.00 Who Do You Think You Are? Chef Rick Stein traces his family's roots, especially those of his father, who suffered from manic depression and committed suicide in the 1960s. Rick sets out to examine his father's life, from the abuse he suffered as a child during the First World War as a result of his German ancestry, to the electric shock treatment he received for his illness as an adult. He also visits China to explore the life of his great-grandfather, a 19th-century Methodist missionary. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Bobsleigh Challenge. Sportsmen Dean Macey, Jason Gardener, Dan Luger and Craig MacLean try to enter the British Bobsleigh Championships in the Italian Alps on the back of just 10 days of training. (T)

11.35 FILM: American Cousins (2003). Premiere. Comedy drama, starring Gerald Lepkowski; (T) Weatherwise. (T)

1.10 Sign Zone: Victorian Farm. (R) (T) 2.10 Sign Zone: Antiques Roadshow. (R) (T) 3.10 Sign Zone: Media Revolution: The Fight. (R) (T) 3.40 BBC News. (T)



Pick of the Day

Moses Jones (BBC2, 9pm)

This gripping crime drama comes to an end this week, and maybe it's just as well. Joy Penhall's tightly plotted offering has had us on the edge of our seats for the past fortnight, and we're not sure our nerves can take much more. Here, the tension becomes unbearable too for Moses (Shaun Parkes), as he tries desperately to ensure Joy's (Wunmi Mosaku) safety. He's convinced Matthias (Jude Akuwudike) is on her trail, and sure enough, it's not long before the poor woman is swept up in the latest tide of violence. Increasingly frustrated by his superiors' lack of action, Moses rails against the many restrictions he's faced with. Light at the end of the tunnel comes in the form of MP Roger Dankworth (Shaun Dingwall), and a short time later, more information about Matthias emerges. However, it could be too little too late as the brothel where Joy works comes under attack, leaving one girl dead. Moses begs Costello (Dennis Waterman) to give up whatever it is he knows about the prime suspect. But when Solomon (Eamonn Walker) vanishes, it's clear Matthias is responsible, but can Moses and Dan (Matt Smith) find him before it's too late?

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 In the Night Garden. (R) (T) 7.30 Mama Mirabelle's Home Movies. (R) (T) 7.45 Pinky Dinky Doo. (T) 8.00 CBBC: Da Dick and Dom Diaries. (T) 8.30 Trapped; (R) (T) Prank Patrol Pocketsize. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) 9.30 Dani's House. (R) (T) 10.00 Stake Out. (R) (T) 10.30 Gimme a Break. (R) (T) 11.00 Dangerous. (R) (T) 11.20 The Flintstones. (R) (T) 11.45 Murder Most Famous. (R) (T) 12.30 Working Lunch. (T) 1.00 Meerkat Manor. (R) (T) 1.20 Animal Park. (T) 2.05 The World at War. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready Steady Cook. (T) 5.15 Cash in the Celebrity Attic. (T) 6.00 Battle of the Brains. (T) 6.30 Eggheads. (T) 7.00 Richard Hammond's Engineering Connections. The development of major technological feats. (R) (T) 7.50 High Altitude. Scuba diving under six feet of ice. (T) 8.00 University Challenge. Corpus Christi College, Oxford versus St John's College, Cambridge. (T) 8.30 MasterChef. The six semi-finalists return to cook a chicken dish. (T) 9.00 Moses Jones. Joy is jeopardised by Moses's attempts to protect her. Last in the series. (T) 10.00 Not Going Out. Lee and Tim try to befriend a lesbian couple. (R) (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Around the World in 80 Faiths. (R) (T) 12.20 BBC News. (T) 3.40 Close. 4.00 BBC Learning Zone. (T)

C4

5.55 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (T) 7.00 Freshly Squeezed. (T) 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 ER. (R) (T) 10.20 ER. (R) (T) 11.15 Back to You. (R) (T) 11.45 Proud Parents. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: Foreign Correspondents. (R) (T) 12.35 A Place in the Sun: Home or Away. (R) (T) 1.40 FILM: Day of the Outlaw (1959). Western starring Robert Ryan and Burl Ives. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: A Motorway Story. New series about people who travel on Britain's motorways. (T) 8.00 Dispatches: The Big Job Hunt. Digby Jones examines how the Government is tackling the unemployment crisis. (T) 9.00 The Gangster and the Pervert Peer. The second documentary in the Tofts and Crims season looks at the political influence behind the rise of the Kray twins, following Ronnie's alleged homosexual relationship with a Tory peer. (T) 10.00 FILM: Mean Machine (2001). A disgraced soccer star ends up behind bars, where he is persuaded to form an inmates' football team to take on the guards. Comedy drama, starring Vinnie Jones. (T) 12.00 FILM: Dresden (2006). Premiere. World War Two drama, starring Felicity Woll. 2.45 FILM: Copacabana (1947). Showbusiness comedy, starring Groucho Marx. (T) (bw) 4.20 Christianity: A History. (R) (T) 5.20 Time Team. (R) (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Hana's Helpline. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 Roary the Racing Car. (T) 7.40 Sailor Sid. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Poccyo. (R) (T) 8.45 Chiro. (R) (T) 8.50 Big School. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Ann Maurice: Interior Rivalry. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 FILM: Thicker Than Water (2005). Drama, starring Melissa Gilbert. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Wild Animal ER. (R) (T) 7.00 Five News at 7. (T) 7.30 How Do They Do It? How the Thames is kept clear of rubbish; (R) (T) 7.30 Five News Update. (T) 8.00 Fifth Gear. Three Olympic gold medal-winning sailors test the Ferrari 430 Scuderia; (T) 8.00 Five News at 9. 9.00 FILM: Windtalkers (2002). A traumatised American soldier is assigned to protect two Navajo code-carriers during the invasion of Saipan. John Woo's World War Two drama, with Nicolas Cage and Christian Slater. (T) 11.35 FILM: The (R) (1989). Thriller, with Chow Yun-Fat. Dubbed in English. (T) 1.45 NASCAR. 2.35 US PGA Golf. 3.25 AMA Supercross. 4.15 Race and Rally UK. 4.40 NBA 360. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsummer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Natasha plans to throw a surprise party for Mark and entrusts Nicola with the task of inviting the villagers, while their son Will befriends Belle. A run-in with her cellmates convinces Debbie she was right to tell Jasmine to keep running, aware her girlfriend is not strong enough for prison life, and Chas makes an effort to raise Paddy's spirits. (T)

7.30 Coronation Street. Becky turns to Hayley for guidance when she is torn by Jason and Steve's proposals. Sally is unsure what to make of Sophie's declaration that she is a Christian and intends to remain celibate until marriage, and Julie is under pressure at the factory because she is still unable to decide who to fire. (T)

8.00 What's in Your Mouth? Tonight. (T)

8.30 Coronation Street. Becky informs a thrilled Steve she has dumped Jason, but news of their reunion does not go down well with Michelle. Len makes threats against Ted in the hope of influencing Tina's testimony, while Kevin is thrilled that Sophie is not following her sister's example, and Julie confides in Fizz. (T)

9.00 Whitechapel. Chandler and the team desperately try to prevent the copycat killer from re-enacting Jack the Ripper's final murder. With modern policing techniques proving no use to the investigation, the officers are forced to rely on instinct to crack the case their 19th-century predecessors could not solve. Thriller, with Rupert Penry-Jones, Phil Davis and Steve Pemberton. Last in the series. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 FILM: American Pie (1999). Comedy, starring Jason Biggs. (T)

12.20 Wanted. (T) 1.10 Nightwatch with Steve Scott: Emergency. (R) (T) ITV News Headlines. 2.00 Loose Women. (R) (T) 2.50 The Jeremy Kyle Show. (R) (T) 3.45 ITV Nightscreen.

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LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amor e Intrigas 1515 Paixões Proibidas 1600 Portugal no Coração 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Notas Soltas 2115 Cuidado com a Língua 2130 Jogo Duplo 2230 Prós e Contras 0100 Vanished, series 0230 Prova de Amor 0415 Portugal no Coração 0530 Euronews 0605 Nôs

**RTP2**  
0720 Zig Zag 1400 Sociedade Civil 1530 Recantos 1600 Nacional Geographic 1700 Zig Zag 1830 AFê dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Two & a Half Men, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2245 Perto de Casa 2330 Bastidores 0030 Nôdas do Dois 0100 Universidades 0145 Diga Lá Excelência 0230 Eurodeputados 0300 Euronews 0430 Sociedade Civil 0600 Recantos

**SIC**  
0600 Sic Notícias 0800 Grande Cinema 0815 Sete Vidas 0900 Ligo, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1500 Contacto 1715 Rebelde War 1800 Três Irmãs 1900 Nôs por Cá 2000 News 2100 Mário Crespo 2130 Tá a Gravar 2230 Caminho das Índias 2330 A Favorita 0030 CSI Las Vegas, series 0130 Entourage, series 0230 Todos em Linha 0430 Ciranda de Pedra

**TVI**  
0700 Diário da Manhã 1015 Você na TVI 1300 News 1400 As Tardes de Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Flor do Mar 2230 Feitiço de Amor 2330 Olhos nos Olhos 0015 Dr. House, series 0115 The Donnelly Brothers, series 0215 Sempre a Somar 0345 Até que a morte nos separe 0415 TVI Negócios 0430 Damages, series 0530 Telealças

Best of the Rest

**BBC3**  
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 The Real Hustle: High Stakes 8.30 Snog, Marry, Avoid? 9.00 Gavin & Stacey 9.30 Grownups 10.00 EastEnders 10.30 Being Human 11.30 Family Guy 11.55 Family Guy 12.15 Gavin & Stacey 12.45 Grownups 11.55 Snog, Marry, Avoid? 1.45 Being Human 2.40 The Real Hustle: High Stakes 3.10 Naked 4.10 Filthy Rich and Famous 5.10 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.30 Michael Rosen - Just Read 8.30 The Book Quiz 9.00 Wine 10.00 Storyville: Ghosts of the 7th Cavalry 11.30 Storyville: How Vietnam was Lost 12.50 Wine 1.50 Michael Rosen - Just Read 2.50 Wine 3.50 Close

**ITV2**  
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Lily Allen: The Hot Desk 8.00 Gossip Girl 9.00 Film: True Lies 15 (1994) 11.50 Coronation Street 12.20 Coronation Street 12.50 Film: The Silence of the Lambs 18 (1990) 3.05 Teleshopping 5.35 ITV2 Nightscreen

**Sky1**  
1.00 Don't Forget the Lyrics US 2.00 Bones 3.00 Cold Case 4.00 Gladiators: Battle of the Forces 5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 24 10.00 Night Cops 11.00 Street Wars 12.00 Road Wars 1.00 Road Wars 1.50 Stargate Atlantis 2.40 Stargate Atlantis 3.30

Battlestar Galactica 4.20 Cruise with Stellos: Caribbean 4.45 Cruise with Stellos: Caribbean 5.10 Guilty! **G.O.L.D**  
1.00 Only Fools and Horses 1.40 2point4 Children 2.20 May to December 3.00 Bread 3.40 Waiting for God 4.20 As Time Goes By 5.00 Citizen Smith 5.40 Ever Decreasing Circles 6.20 Keeping Up Appearances 7.00 After You've Gone 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 Only Fools and Horses 9.40 Blackadder the Third 10.20 The Royle Family 11.00 Gimme Gimme Gimme 11.40 The Worst Week of My Life 12.00 The Royle Family 1.40 Gimme Gimme Gimme 2.15 The Worst Week of My Life 3.00 Close

**TCM**  
1.00 Easter Parade U (1948) 3.00 Mister Roberts U (1955) 5.20 Disorders PG (1987) 7.00 Spies Like Us PG (1985) 9.00 Rachel, Rachel 18 (1968) 10.55 The Shining 15 (1980) 1.30 Rachel, Rachel 18 (1968) 3.15 Spies Like Us PG (1985) 5.00 The Double Man PG (1967)

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MOVIES

**Sky Movies Drama**  
6.00 The Robe U (1953) 8.15 Holiday Inn U (1941) 10.00 What Dreams May Come 15 (1998) 12.00 Dreamgirls 12 (2006) With Jamie Foxx. 2.10 Atonement 15 (2007) With Keira Knightley. 4.15 Holiday Inn U (1941) With Bing Crosby. 6.00 What Dreams May Come 15 (1998) With Robin Williams. 8.00 Dreamgirls 12 (2006) With Jamie Foxx. 10.15 Atonement 15 (2007) With Keira Knightley. 12.30 Mississippi Burning 18 (1988) With Gene Hackman. 2.45 Broken Lance U (1954) With Spencer Tracy. 4.30 The Robe U (1953)

**Sky Movies Comedy**  
6.50 35MM 7.20 Blast from the Past 12 (1999) 9.20 The Distinguished Gentleman 15 (1992) 11.20 Hot Shots! PG (1991) With Charlie Sheen. 12.50 St Trinian's 12 (2007) With Rupert Everett. 2.35 Mr Woodcock 12 (2007) With Billy Thornton. 4.15 He's Just Not That Into You Special 4.35 Blast from the Past 12 (1999) With Brendan Fraser. 6.30 Hot Shots! PG (1991) With Charlie Sheen. 8.00 St Trinian's 12 (2007) With Rupert Everett. 9.45



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SPORT

**Sky Sports 1**  
6.00 Good Morning Sports Fans 9.00 Premiership Rugby Union 10.30 Spanish Football 12.00 Premiership Rugby Union 1.30 Live Test Cricket. West Indies v England. 10.00 Time of Our Lives 11.00 Big League Weekend 2 12.30 Soccer AM: The Best Bits 1.30 Time of Our Lives 2.30 Watersports World 3.30 FIFA Futbol Mundial 4.00 Time of Our Lives 5.00 Max Power

**Sky Sports 2**  
6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Bottom Line 8.00 Golf Night 10.30 Tennis 12.30 Powder Adventures 1.00 Wild Spirits 1.30 Rugby Union 3.30 Spanish Football 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 2 7.30 IRB Rugby World Sevens 10.30 Poker 12.30 IRB Rugby World Sevens 3.30 Big League Weekend 2 5.00 Soccer AM: The Best Bits

**Sky Sports 3**  
9.00 WWE Vintage Collection 10.00 WWE: Bottom Line 11.00 WWE: Afterburn 12.00 WWE: Experience 1.00 WWE: Bottom Line 2.00 WWE Vintage Collection 3.00 WWE: Afterburn 4.00 WWE: Bottom Line 5.00 WWE: Raw 7.00 WWE: Smackdown 9.00 WWE Wrestling: No Way Out 12.00 Motor Racing

1.30 H20 Sports International 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

**British Eurosport**  
7.30 World Rally Championship 8.00 Live WTA Tennis. The Dubai Tennis Championships. 1.15 ATP Tennis 3.00 Live WTA Tennis. The Dubai Tennis Championships. 5.00 Cycling 5.30 Live Cycling. The Tour of California. 8.30 Eurogals 9.15 Eurogals: One to One 9.30 Fight Club 10.30 Eurogals 11.15 Cycling 12.30 Close

**Sky Sports Xtra**  
11.00 Racing News 11.30 Aerobics Oz Style 12.00 NASCAR 2.00 Tennis 4.00 NASCAR 6.00 Wild Fishing 9.00 Powder Adventures 9.30 H20 Sports International 10.00 Motor Racing 11.30 Powder Adventures 12.00 Bass Fishing 1.00 Powder Adventures 1.30 Wild Spirits 2.00 Poker 4.00 Motor Racing 5.30 Close

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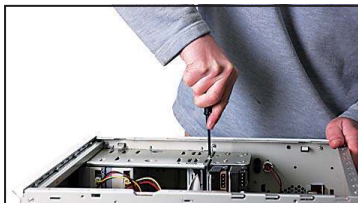
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BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under. (R) (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: 3.05 Mister Maker; (T) Thumb Wrestling Federation: TVWF. (R) (T) 3.30 CBBC: Bear Behaving Badly. (R) (T) 3.50 EliotKid. (R) (T) 4.05 Hotel Tumble. (T) 4.35 Blue Peter; (T) MySay. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Back-stabbing general knowledge quiz. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T) 7.30 EastEnders. A surprise visitor at Garry's memorial service shocks everyone, Ian has a heart-to-heart with Jane about his achievements in life, while Ricky and Bianca await the DNA test results; (T) BBC News; Regional News. (T)

8.00 Holby City. Joseph decides to get Jac out of his life after Faye voices her suspicions that the registrar is pregnant. When Ric admits he has not resigned, Connie steals one of his patients. (T)

9.00 **Mistresses**. New series of the drama following the tangled love lives of four female friends. It is one year on and much to everyone's surprise, party girl Jessica is getting married, while Katie catches the eye of a new colleague and Trudi worries there is something lacking in her relationship with Richard. Siobhan is living a charmed life, with Hari at home looking after baby Elsa and even ex-lover Dominic sharing babysitting duties. But it soon becomes clear things are far from simple and she is harbouring a dark secret. Sarah Parish, Shelley Conn, Orla Brady and Sharon Small star. (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Make Me - Live Forever. Michael Mosley investigates the possibility of extending the human lifespan, looking at so-called restorative procedures using testosterone injections and stem cell research. (T)

11.15 Film 2009 with Jonathan Ross. Clint Eastwood discusses Gran Torino, a film which sees him turn in what is rumoured to be his final acting performance. Plus, a preview of the 61st Annual Academy Awards. (T)

11.45 Damages. In the wake of the Froisher lawsuit, Ellen is in therapy and is co-operating with a federal investigation of Paddy, whose attention is now on her charitable foundation. (R) (T)

12.45 FILM: Student Seduction (2003). Fact-based drama, starring Elizabeth Berkley; (T) Weatherview. (T) 2.15 Sign Zone; See Hear. (R) (T) 2.45 Sign Zone: Lark Rise to Candleford. (R) (T) 3.45 Sign Zone: Around the World in 80 Faiths. (R) (T) 4.45 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 In the Night Garden. (R) (T) 7.30 Mama Mirabelle's Home Movies. (R) (T) 7.45 Pinky Dinky Doo. (T) 8.00 CBBC: Da Dick and Dom Diaries. (T) 8.30 Trapped; (R) (T) Prank Patrol Pocketsize. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) 9.30 Dani's House. (R) (T) 10.00 Stake Out. (R) (T) 10.30 Gimme a Break. (R) (T) 11.00 Dangermouse. (R) (T) 11.20 The Flintstones. (R) (T) 11.45 Murder Most Famous. (R) (T) 12.30 Working Lunch. (T) 1.00 Meerkat Manor. (R) (T) 1.20 Animal 24:7. (R) (T) 2.05 The World at War. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready Steady Cook. (T) 5.15 Cash in the Celebrity Attic. (T) 6.00 Battle of the Brains. (T) 6.30 Eggheads. (T) 7.00 Who Do You Think You Are? Television chef Rick Stein traces his family's roots. (R) (T) 8.00 Oz and James Drink to Britain. Oz Clarke and James May explore a traditional cider farm in Somerset. (T) 8.30 MasterChef. The semi-finalists are challenged to feed more than 600 steel workers. (T) 9.00 Horizon. Brian Cox investigates whether nuclear fusion is the energy source of the future. (T) 10.00 The Culture Show. Mark Kermode presents his alternative to the Oscars. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Arena: Harold Pinter - Part One: The Room. (R) (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Mistresses (BBC1, 9pm)

Life, no matter how ordinary it may look from the outside, is never, ever simple. That's the key ingredient in this stylish drama which returns for a second series here. Jessica (Shelley Conn) looks as though things are finally going her way after being romanced by playboy Mark (Oliver Milburn), and even wedding bells are ringing in the distance. However, come the hen night, why is Jessica playing tonsil hockey with another man? Meanwhile, Katie (Sarah Parish) is back at the grindstone as her medical suspension ends, and resolves to work hard and play less. Unfortunately, her new boss, Jack (Steven Brand) just happens to be an old flame. As if that wasn't complicated enough, sexy surgeon Dan (Mark Umbers) keeps giving Katie the eye. She reluctantly agrees to take him — as a friend — to Jessica's wedding, but surely it's just a matter of time before things go beyond platonic? Elsewhere, Trudi (Sharon Small) and Richard's (Patrick Baladi) lives seem to be going swimmingly, but beneath the surface, she's still not happy. They're strapped for cash, but her decision to start baking to earn a bit more bread causes conflicts. Finally, over at Siobhan (Orla Brady) and Hari's (Raza Jaffrey) place, things couldn't be better. However, behind closed doors, the couple's life is far from ideal — and what secret is she hiding?

C4

6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 ER. (R) (T) 10.20 ER. (R) (T) 11.15 Back to You. (R) (T) 11.45 Proud Parents. (R) (T) 12.00 News at Noon. (T) 12.30 The Savoy: Checking-In to History. (R) (T) 12.50 A Place in the Sun: Home or Away. (R) (T) 1.55 FILM: The Gunfight at Dodge City (1959). Western, starring Joel McCrea. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Vogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: A Motorway Story. A highway enthusiast explains his passion for roads. (T) 8.00 Supersize vs Superskinny. A fruit fanatic trades diets with a man who hates vegetables. (T) 9.00 Boys and Girls Alone. The children take part in a two-day camping trip. (T) 10.00 Shameless. Frank rejects Monica's advances, so she attends a hypnotist's show in the hope of regaining her sex appeal. Carl gets more than he bargained for when he starts a new job. (T) 11.05 The Big Bang Theory. (T) 11.35 My Name Is Earl. (R) (T) 12.05 Premier League Poker. 1.05 4Sport: Destination 2012. (R) (T) 2.00 4Sport: Cycling Revolution 23. 2.25 KOTV Classics 2008. (R) (T) 3.25 Freeports on 4. (R) (T) 3.30 Freeports on 4. (R) (T) 4.45 Time Team. (R) (T) 5.40 The Treacle People. (R) (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Hana's Helpline. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 Roary the Racing Car. (T) 7.40 Sailor Sid. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerrots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pocoyo. (R) (T) 8.45 Chiro. (R) (T) 8.50 Big School. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Ann Maurice: Interior Rivalry. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.05 FILM: Mary and Tim (1996). Drama, starring Candice Bergen. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Wild Animal ER. (R) (T) 7.00 Five News at 7. (T) 7.30 Highland Emergency. The team rescues a 56-year-old man who fell 15ft through a roof. (T) 7.30 Five News Update. (T) 8.00 Mr and Mrs Wolf. The first of two programmes following on from 2007's The Wolfman; (T) 8.00 Five News at 9.00 CSI: Crime Scene Investigation. The team searches for a child who witnessed a murder in Korea Town. (T) 10.00 CSI: Miami. Horatio's son Kyle goes missing; (R) (T) Five News Update. (T) 11.00 CSI: NY. (R) (T) 12.00 FBI Files. (T) 1.00 Boxing Classic. 1.25 Live NBA Basketball. Houston Rockets v New Jersey Nets (Tip-off 1.30am). 4.20 NBA Basketball. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Amor e Intrigas 1510 Paixões Proibidas 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 30 minutos 2130 Telerural 2200 Jogo Duplo 2300 Serviço de Saúde 0000 Liga dos últimos 0045 Lost, series 0230 Prova de Amor 0345 Portugal no Coração 0530 Euronews 0605 Nôs

**RTP2**  
0720 Zig Zag 1400 Sociedade Civil 1530 Recantos 1600 National Geographic 1655 Zig Zag 1830 A Fé dos Homens 1900 AB Ciência 1950 Zig Zag 2045 Two and a Half Men, series 2100 National Geographic 2200 News 2240 Grey's Anatomy, series 2330 Bairro Alto 0030 Notícias da Dois 0115 Universidades 0130 Câmara Clara 0245 Euronews 0400 Sociedade Civil 0600 Recantos

**SIC**  
0600 Sic Notícias 0800 Cartaz 0815 Sete Vidas 0900 Ligo, Ganhou 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1515 Contando 1715 Rebelde Way 1800 Três Irmãos 1900 Nôs por Cá 2000 News 2115 Tá a Gravar 2115 Caminho das Índias 2300 A Favorita 2345 Podia Acabar o Mundo 0030 CSI Las Vegas, series 0130 Entourage, series 0230 Todos em Linha

**TVI**  
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Flor do Mar 2230 Feitiço de Amor 2330 Olhos nos Olhos 0015 Film 0230 Sempre a Somar 0415 TVI Negócios 0430 Damages, series 0530 Teleasles



Best of the Rest

**BBC3**  
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Freaky Eaters 9.00 Naked 10.00 EastEnders 10.30 Grownups 11.00 Family Guy 11.25 Family Guy 11.45 Naked 12.45 Freaky Eaters 1.40 Grownups 2.10 Duplo, Marry, Avoid? 2.40 The Undercover Princess 3.40 Being Human 4.40 Snog, Marry, Avoid? 5.05 Doctor Who Confidential 5.20 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.30 Coal House at War 8.00 Sunday Schools: Reading, Writing and Redemption 9.00 The Holy Life 9.30 Early Doors 10.00 Mad Men 10.50 Party Animals 11.40 We Need Answers: Reading 12.10 New Town 1.10 Ian Rankin's Hidden Edinburgh 2.10 Sunday Schools: Reading, Writing and Redemption 3.10 New Town 4.10 Close

**ITV2**  
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 The Saturdays: The Hot Desk 8.00 Paris Hilton's British Best Friend 9.00 Coleen's Real Women 10.00 Film: The Silence of the Lambs 18 (1990) 12.20 Entourage 12.55 Entourage 1.25 Coleen's Real Women 2.25 Teleshopping 5.25 ITV2

**Nightscreen**  
**Sky1**  
1.00 Don't Forget the Lyrics US 2.00 Bones 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 Futurama 5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Ooops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 A Town Called Eureka 9.00 Battlestar Galactica 10.00 Road Wars 11.00 Ross Kemp:

Return to Afghanistan 12.00 Lost 1.00 Road Wars 1.50 Stargate Atlantis 2.40 Stargate Atlantis 3.30 Battlestar Galactica 4.20 Cruise with Stellos: Caribbean 4.45 Cruise with Stellos: Caribbean 5.00 Guilty! **G.O.L.D**  
1.00 Only Fools and Horses 1.40 After You've Gone 2.20 May to December 3.00 Bread 3.40 Waiting for God 4.20 As Time Goes By 5.00 Citizen Smith 5.40 Ever Decreasing Circles 6.20 Keeping Up Appearances 7.00 After You've Gone 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 Only Fools and Horses 9.40 Blackadder the Third 10.15 The Royle Family 11.10 The Thin Blue Line 11.50 Blackadder the Third 12.25 The Royle Family 1.25 The Thin Blue Line 2.00 My Hero 2.30 Sorry! 3.00 Close

**TCM**  
1.00 This Woman Is Dangerous PG (1952) 3.00 Stop the World - I Want to Get Off PG (1966) 4.55 Five Days One Summer PG (1982) 7.00 Mrs Soffel PG (1984) 9.00 Wait Until Dark 15 (1967) 11.05 The Postman Always Rings Twice 18 (1981) 1.25 Wait Until Dark 15 (1967) 3.25 Westworld 15 (1973) 5.00 Serenade U (1956)

**The Disney Channel**  
Kids' programmes from 7am, except:  
Visit the paper online  
www.the-news.net

MOVIES

Sky Movies Drama

6.45 Sabrina U (1954) 8.45 The Hunt for Red October PG (1990) 11.00 In the Heat of the Night 15 (1967) With Sidney Poitier. 1.00 Sabrina U (1954) With Audrey Hepburn. 3.00 West Side Story PG (1961) With Natalie Wood. 5.45 The Hunt for Red October PG (1990) With Sean Connery. 8.00 The Matrix 15 (1999) With Keanu Reeves. 10.20 Rocky PG (1976) With Sylvester Stallone. 12.20 In the Heat of the Night 15 (1967) With Sidney Poitier. 2.20 The Glenn Miller Story U (1953) With James Stewart. 4.20 The King and I U (1956)

Sky Movies Comedy

6.25 Continental Divide PG (1981) 8.15 Sparkle 15 (2006) 10.05 35MM 10.35 Hot Shots! Part Deux PG (1993) 12.05 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 2.05 School for Scoundrels 12 (2006) With Billy Bob Thornton. 3.30 Parenthood 15 (1989) With Steve Martin. 6.00 He's Just Not That Into You Special 6.20 Hot Shots! Part Deux PG (1993) With

Sky Movies Action/Thriller

6.25 The Hunter 15 (1980) 8.10 Oscar Nominations Special 8.40 Rocky Balboa 12 (2006) 10.35 Arlington Road 15 (1999) 12.45 Die Hard 4.0 15 (2007) With Bruce Willis. 3.05 The Hunter 15 (1980) With Steve McQueen. 4.55 Arlington Road 15 (1999) With Jeff Bridges. 7.05 Rocky Balboa 12 (2006) With Sylvester Stallone. 9.00 Die Hard 4.0 15 (2007) With Bruce Willis. 11.15 Shoot 'Em Up 18 (2007) With Clive Owen. 12.50 Death Proof 18 (2007) With Kurt Russell. 2.55 In Dreams 18 (1999) With Annette Bening. 4.40 Enemy Within PG (2007)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Big League Weekend 2 10.30 Soccer AM: The Best Bits 11.30 20 Sports International 12.00 Big League Weekend 2 1.30 Live Test Cricket. West Indies v England. 7.30 Soccer Special 10.15 Revista De La Liga 11.15 Football Asia 11.45 A-League 12.15 Johnstone's Paint Trophy Football 1.45 Revista De La Liga 2.45 A-League 3.15 Football Asia 6.30 Revista De La Liga 4.45 A-League 5.15 Football Asia 5.45 Sky Sports Classics

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 Soccer AM: The Best Bits 8.00 Poker 10.00 IRB Rugby World Sevens 1.00 Poker 3.00 IRB Rugby World Sevens 6.00 Football Asia 6.30 Revista De La Liga 7.30 Live Johnstone's Paint Trophy Football. Luton Town v Brighton and Hove Albion (Kick-off 7.45pm). 10.00 Poker 11.00 Max Power 12.00 NFL: Top 10 1.00 Poker 2.00 Close

Sky Sports 3

9.30 Motor Racing 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Bass Fishing 1.00 Powder Adventures 1.30 Wild Spirits 2.00 Soccer AM: The Best Bits 3.00 Big League Weekend 2 4.30 Motor Racing 6.00 Powerboating 6.30 Pool 7.30 Sports Unlimited 8.30 Powerboating 9.00 Powder Adventures 9.30 Powerboating

10.00 Sports Unlimited 11.00 Ice Hockey 12.00 Powerboating 12.30 Pool 1.30 Airports World 2.00 Close

British Eurosport

7.30 Biathlon 8.30 Live WTA Tennis. The Dubai Tennis Championships. 1.15 Live Snooker. The first round of the Welsh Open. 4.00 Cycling 5.00 Eurogoals 5.15 Eurogoals: One to One 5.30 Live Snooker. The first round of the Welsh Open continues. 10.00 World Rally Championship 11.00 Cycling 12.15 WATTS 12.30 Close

Sky Sports Xtra

4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Bass Fishing 6.00 Airports World 6.30 Ice Hockey 7.30 Live Greyhound Racing. The Ladbrokes Arc. 10.00 Pool 11.00 Powder Adventures 11.30 Airports World 12.00 Sports Unlimited 1.00 Powder Adventures 1.30 Powerboating 2.00 Ice Hockey 3.00 Close

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THE PORTUGAL News



## BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under. (R) (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: 3.05 Mister Maker. (T) Thumb Wrestling Federation: TWFF. (R) (T) 3.30 CBBC: Bear Behaving Badly. (R) (T) 3.50 Eliot Kid. (R) (T) 4.05 Gastronuts. (R) (T) 4.35 Blue Peter. (T) MySay. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (T)

6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 The One Show. Topical reports from across the UK, featuring contributions from historian Dan Snow and consumer expert Dominic Littlewood. Presented by Adrian Chiles and Christine Bleakley. (T)

7.30 Inside Out. Stories of interest to the region; (T) BBC News; Regional News. (T)

8.00 Waterloo Road. Rachel is horrified when Eddie's relationship with Melissa takes a dramatic leap forward. Eddie is forced to keep his mind on the job, however, when an argument between Danielle Harker and her father threatens to ruin the day. Chlo and Dante receive life-changing news, and a show of solidarity takes Maxine and Earl's relationship to the next level. Meanwhile, a determined Jasmine decides to take her flirtatious behaviour with Rob Cleaver up a notch. (T)

9.00 Nature's Great Events. David Attenborough describes the annual return made by half a billion Pacific salmon to the rivers of Canada and Alaska where they were born - and the bears that hungrily await them. Every year, the fish travel up to 20,000 miles to spawn and die, swimming upstream and leaping over giant waterfalls as part of an extraordinary natural history event that sustains the entire ecosystem. (T)

10.00 BBC News. (T)  
10.25 Regional News; Weather. (T)

10.35 The National Lottery Draws. The balls are set rolling to decide the all-important numbers. Presented by Danny Wallace. (T)

10.45 Movie Connections. The story behind Local Hero, the 1983 British film about an American oil company representative sent to buy a Scottish coastal village. With contributions by Peter Riegert and Denis Lawson. (T)

11.25 FILM: Arthur's Dyke (2001). Comedy drama, starring Pauline Quirke. (T) National Lottery Update and Weatherview. (T)

1.15 Sign Zone: Explore. (R) (T) 2.15 Sign Zone: Explore: Kenya's Violent Rift. (R) (T) 2.45 Sign Zone: Natural World. (R) (T) 3.35 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 In the Night Garden. (R) (T) 7.30 Mama Mirabelle's Home Movies. (R) (T) 7.45 Pinky Dinky Doo. (T) 8.00 CBBC: Da Dick and Dom Diaries. (T) 8.30 Trapped; (R) (T) Prank Patrol Pocketsize. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) 9.30 Dani's House. (R) (T) 10.00 Stake Out. (R) (T) 10.30 Gimme a Break. (R) (T) 11.00 Coast. (T) 11.15 Murder Most Famous. (R) (T) 12.00 Working Lunch. (T) 1.00 See Hear. (T) 1.30 Lifeline. (R) (T) 1.40 Animal Park. (T) 2.05 The World at War. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready Steady Cook. (T) 5.15 Cash in the Celebrity Attic. (T) 6.00 Battle of the Brains. (T) 6.30 Eggheads. (T) 7.00 Escape to the Country. A Norfolk property with room for four horses. (R) (T) 8.00 It's Not Easy Being Green. Dick Strawbridge and the team build a ram pump. (T) 8.30 MasterChef. The semi-finalists cater for an exclusive dinner party in Pall Mall. (T) 9.00 Trouble in Amish Paradise. Two radical Amish men begin to question their culture. (T) 10.00 Q.I. Rich Hall, Reginald D Hunter and Clive Anderson join regular panellist Alan Davies and host Stephen Fry for a fashion-themed edition of the quiz with a difference. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Mad Men. (T) 12.10 BBC News. (T) 3.35 Close. 4.00 BBC Learning Zone. (T)

## Pick of the Day

## The Brit Awards 2009 (ITV1 Granada, 8pm)

The UK's most prestigious music awards celebrate some of the most successful acts of the year. Just to prove this year's ceremony is bigger than ever, for the first time in its history, it has three presenters. Kylie Minogue will be joining forces with Gavin and Stacey stars Mathew Horne and James Corden to oversee the proceedings at Earls Court. As ever, the awards celebrate the best in homegrown and international music, and the line-up is suitably eclectic. Leading the Brit pack are Coldplay and Duffy, who have picked up an impressive four nominations each. While Chris Martin's group are now award-show veterans, it tops off a remarkable year for the Welsh diva, whose debut Rockferry was the biggest selling UK album of 2008 and is well on the way to shifting 4.5 million copies worldwide. She could be the one to beat in the British Album, Female Solo Artist and British Breakthrough Act, and is also in the running for Single with her hit Mercy. However, performers as diverse as Elbow, Radiohead, the Tingis Tings, Estelle, MIA, Scouting for Girls and the Last Shadow Puppets will all be out to stop her making it a clean sweep.

## C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 ER. (R) (T) 10.20 ER. (R) (T) 11.15 Back to You. (R) (T) 11.45 Proud Parents. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: Foreign Correspondents. (R) (T) 12.35 A Place in the Sun: Home or Away. (R) (T) 1.35 FILM: Gunman's Walk (1958). Western starring Van Heflin. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: A Motorway Story. A former England rugby player discusses his love of cars. (T) 8.00 Relocation, Relocation. A Hertfordshire couple hope to find a venue for their new business. (T) 9.00 Grand Designs. A couple decide to move from London to Kent. (T) 10.00 The World's Strongest Child and Me. The next generation of super-strong children. Last in the series. (T) 11.05 Shameless. (R) (T) 12.10 4Music: TI Featuring Justin Timberlake: Video Exclusive. 12.15 4Music: Spectacle: Elvis Costello With. 1.15 4Music: Lovebox. (R) 1.40 4Music: Lovebox. (R) 2.05 4Music: Rockfeedback. (R) 2.35 Soft. (R) (T) 2.50 Strange Little Girls. (R) (T) 3.10 Christianity: A History. (R) (T) 4.10 Time Team. (R) (T) 5.00 Countdown. (R) (T) 5.45 Making It. (R)

## FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Hana's Helpline. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 Roary the Racing Car. (T) 7.40 Sailor Sid. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pocoyo. (R) (T) 8.45 Chiro. (R) (T) 8.50 Big School. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Ann Maurice: Interior Rivalry. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 The Family Recipe. (R) (T) 3.15 FILM: Derby (2007). Family drama, starring John Schneider. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Live UEFA Cup Football. (T) 9.00 Minder. Archie plans to make a fortune by selling a painting he believes to be the work of elusive graffiti artist Banksy, but his plans are thwarted when it becomes apparent the mural is a fake. (T) 10.00 FILM: Sleeping with the Enemy (1991). An emotionally abused wife fakes her own death to escape her violent, obsessive husband and start a new life elsewhere. Suspense thriller, starring Julia Roberts and Patrick Bergin. (T) 12.00 Poker. 1.30 UEFA Cup Football. 3.40 NHL. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (R) (T)

6.00 London Tonight; Weather. (T)  
6.30 ITV Evening News; Weather. (T)  
7.00 Emmerdale. Mark questions Maisie about the breakdown of her marriage. She insists her relationship is definitely over and proceeds to flirt with Andy at the Woolpack. Chas is shocked to learn the extent of Paddy's feelings for her, while a worried Marlon goes in search of Eli. (T)

7.30 Coronation Street. Len's intimidation causes Tina to consider withdrawing her statement against Gary. The factory girls try to ingratiate themselves with Julie when Fiz tells them of Tony's instruction, Michelle refuses to accept Becky's apology, and Ken heads straight for Martha's on his return from Portsmouth. (T)

8.00 The Brit Awards 2009. Star-studded ceremony, hosted live from London's Earls Court by Kylie Minogue, Mathew Horne and James Corden. Brit Award veterans U2 provide the music alongside nominated acts Girls Aloud, Duffy and Kings of Leon. The shortlists also include seven-time winners Take That, who challenge Radiohead and Coldplay for Best British Group, James Morrison, Will Young and Paul Weller in Best British Male, breakthrough acts the Ting Tings and Last Shadow Puppets, and international stars Jay-Z, Kanye West, Beyonce, Gabriella Cilmi, Pink and Katy Perry. The evening concludes with a performance by Pet Shop Boys, winners of the Outstanding Contribution to Music. (T)

10.00 News at Ten and Weather. (T)  
10.30 London News and Weather. (T)  
10.35 FILM: American Pie 2 (2001). Teen comedy sequel, starring Jason Biggs. (T)

12.30 Nightwatch with Steve Scott: Emergency; (R) (T) ITV News Headlines. 1.25 Loose Women. (R) 2.10 The Jeremy Kyle Show. (R) (T) 3.05 What's in Your Mouth? Tonight. (R) (T) 3.30 ITV Nightscreen.

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
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## LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Amor e Intrigas 1510 Paixões Proibidas 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Em Reportagem 2130 Gago Coutinho 2200 Jogo Duplo 2300 Film 0030 Film 0215 Prova de Amor 0400 Portugal no Coração 0530 EuroNews 0605 Notícias

**RT2**  
0720 Zig Zag 1400 Sociedade Civil 1530 Recantos 1600 National Geographic 1700 Zig Zag 1830 Fé dos Homens 1900 Biosfera 1950 Zig Zag 2045 Two and a Half Men, series 2100 National Geographic 2200 News 2230 24, series 2330 Clube de Imprensa 0030 Notícias da Dois 0100 Universidades 0130 Biosfera 0215 Bastiões 0315 EuroNews 0500 Sociedade Civil 0600 Recantos

**SIC**  
0600 Sic Notícias 0800 Cartaz 0815 Sete Vidas 0900 Ligo, Ganhou 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1515 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2115 Tá a Gravar 2215 Caminho das Índias 2300 A Favorita 2345 Podia Acabar o Mundo 0030 CSI: Las Vegas, series 0130 Entourage, series 0230 Todos em Linha

**TVI**  
0700 Diário Da Manhã 1015 Você na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Flor do Mar 2230 Feitiço de Amor 2330 Olhos nos Olhos 0015 The client, film 0215 Sempre a Somar 0415 TVI Negócios 0430 Damages, series 0530 Telesales

## Best of the Rest

**BBC3**  
7.00 Freaky Eaters 8.00 Film: Stargate PG (1994) 9.55 Little Britain USA 10.25 Family Guy 10.50 Family Guy 11.10 Paparazzi: Next Generation 12.10 Freaky Eaters 1.10 Naked 2.05 The Undercover Princes 3.05 Paparazzi: Next Generation 4.05 Naked 5.05 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.30 The Book Quiz 8.00 The Secret Life of the Motorway 9.00 The Joy of Motoring 10.00 Film: Tsotsi 15 (2005) 11.30 From A to B: Tales of Motorway 12.20 The Joy of Motoring 1.20 The Lost Libraries of Timbuktu 2.20 The Book Quiz 2.50 The Joy of Motoring 3.50 Close

**ITV2**  
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 The Brits Red Carpet 7.30 The Planet's Funniest Animals 8.00 Film: Dante's Peak 12 (1997) 10.00 The Brits 2009 Encore 11.00 Coronation Street 11.30 Film: Bowfinger 12 (1999) 1.25 Teleshopping 4.25 ITV2 Nightscreen

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THE PORTUGAL News

## Sky1

1.00 Don't Forget the Lyrics US 2.00 Bones 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 Futurama 5.00 Are You Smarter Than 10 Year Old? 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Project Runway 9.00 Film: An Officer and a Gentleman 15 (1982) 11.20 UK Border Force 12.20 Road Wars 1.20 Road Wars 1.45 Film: Do You Know Me 15 (2008) 3.25 Stargate Atlantis 4.20 Stargate Atlantis 5.10 Battlestar Galactica

## G.O.L.D

1.00 Only Fools and Horses 1.40 After You've Gone 2.20 May to December 3.00 Bread 3.40 Waiting for God 4.20 As Time Goes By 5.00 Citizen Smith 5.40 Ever Decreasing Circles 6.20 Keeping Up Appearances 7.00 My Family 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 Only Fools and Horses 9.40 Blackadder the Third 10.20 The Royle Family 11.00 Gimme Gimme Gimme 11.40 The Worst Week of My Life 12.20 Blackadder the Third 1.00 The Royle Family 1.40 Gimme Gimme Gimme 2.20 The Worst Week of My Life 3.00 Close

## TCM

1.00 Elvis: That's the Way It Is PG (1970) 3.00 The Barkleys of Broadway U (1949) 5.05 The Helicopter Spies PG (1967) 7.00 Skyjacked PG (1972) 9.00 Arthur 15 (1981) 10.50 Looker 15 (1981) 12.40 Arthur 15 (1981) 2.20 Looker 15 (1981) 4.00 Off Set 5.00 Drum Beat PG (1954)

**The Disney Channel**  
Kids' programmes from 7am, except:

## Sky Movies Drama

6.40 Total! Total! Total! U (1970) 9.10 The High and the Mighty U (1954) 11.45 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 1.45 La Vie en Rose 12 (2007) With Marion Cotillard. 4.15 The Prime of Miss Jean Brodie 15 (1969) With Maggie Smith. 6.15 The Enemy Below PG (1957) With Robert Mitchum. 8.00 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 10.00 Working Girl 15 (1988) With Melanie Griffith. 12.00 La Vie en Rose 12 (2007) With Marion Cotillard. 2.20 The Prime of Miss Jean Brodie 15 (1969) With Maggie Smith. 4.20 The High and the Mighty U (1954)

## Sky Movies Comedy

6.15 My Fair Eddie PG (2008) 7.45 Coneheads PG (1993) 9.15 Austin Powers: The Spy Who S\*\*\*\*\* Me 12 (1999) 10.55 35MM 11.25 Accepted 12 (2006) With Justin Long. 1.05 Epic Movie 12 (2007) With Kal Penn. 2.45 Let's Go to Prison 15 (2006) With Dax Shepard. 4.20 35MM

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## MOVIES

4.50 Coneheads PG (1993) With Dan Aykroyd. 6.20 Austin Powers: The Spy Who S\*\*\*\*\* Me 12 (1999) With Mike Myers. 8.00 Epic Movie 12 (2007) With Kal Penn. 9.45 Accepted 12 (2006) With Justin Long. 11.25 Let's Go to Prison 15 (2006) With Dax Shepard. 1.00 The Most Fertile Man in Ireland 15 (1999) With Kris Marshall. 2.40 The Muse PG (1999) With Albert Brooks. 4.25 My Fair Eddie PG (2008)

## Sky Movies Action/Thriller

6.20 The Top 10 Show 6.40 The Night of the Hunter 12 (1955) 8.25 The Killers 15 (1964) 10.15 The River Wild 12 (1994) 12.20 Brotherhood 15 (2004) With Dong-Kun Jang. 3.00 Harsh Times 15 (2005) With Christian Bale. 5.10 Zodiac 15 (2007) With Jake Gyllenhaal. 8.00 Deep Blue Sea 15 (1999) With Samuel L. Jackson. 10.00 American Gangster 8 (2007) With Denzel Washington. 12.40 Warrior King 18 (2005) With Tony Jaa. 2.35 Face 18 (1997) With Robert Carlyle. 4.25 Ransom PG (1975)

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Asia 9.30 A-League 10.00 Johnstone's Paint Trophy Football 11.30 Revista De La Liga 12.30 Football Asia 1.00 A-League 1.30 Johnstone's Paint Trophy Football 3.00 Revista De La Liga 4.00 A-League 4.30 Johnstone's Paint Trophy Football 6.00 Boots 'n' All 7.00 FIFA Futbol Mundial 7.30 Live Scottish Cup Football. A fifth-round replay. 10.15 Football Special 11.45 FIFA Futbol Mundial 12.15 Scottish Cup Football 1.45 Football Special 3.15 European Tour Weekly 3.45 Poker 4.45 Sky Sports Classics 5.00 Total Rugby 5.30 Live European Tour Golf. The Johnnie Walker Classic.

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 Pool 8.00 Revista De La Liga 9.00 Powder Adventures 9.30 Airports World 10.00 Pool 11.00 Poker 12.00 Squash 2.00 Poker 3.00 Squash 5.00 NFL: Total Access 6.00 European Tour Weekly 6.30 Total Rugby 7.00 Transworld Sport 8.00 Boots 'n' All 9.00 European Tour Weekly 9.30 Total Rugby 10.00 Transworld Sport 11.00 NFL: Total Access 12.00 European Tour Weekly 12.30 Total Rugby 1.00 Boots 'n' All 2.00 Close

## Sky Sports 3

7.30 Powerboating 8.00 Squash 10.00 Ice Hockey 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Sports Unlimited 1.00 Ice Hockey 2.00 NFL: Total Access 3.00 Pool 4.00 Sports Unlimited 5.00 Poker 6.00 Stock Car Racing 6.30 Licence to Me Mans 7.00 Watersports World 8.00 Ten Pin Bowling 9.00 Stock

## Sky Sports 1

Car Racing 9.30 Licence to Me Mans 10.00 Boots 'n' All 11.00 Ice Hockey 12.00 Squash 2.00 Stock Car Racing 2.30 Close

## British Eurosport

7.30 Yoz Magazine 8.00 Biathlon 9.00 Live Biathlon. The World Championships from Pyeongchang, South Korea. 11.00 Live WTA Tennis. The Dubai Tennis Championships. 1.15 Live Snooker. The first round of the Welsh Open. 4.00 Cycling 5.00 Eurogoals 5.15 Live Snooker. The second round of the Welsh Open. 10.00 UEFA Cup Football 10.30 Sports Car Series 11.30 Cycling 12.30 Close

## Sky Sports Xtra

4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Powerboating 5.30 Airports World 6.00 Aerobics Oz Style 6.30 World Match Tour Sailing 7.00 Ice Hockey 8.00 Squash 10.00 Watersports World 11.00 Powder Adventures 1.30 Licence to Me Mans 12.00 Max Power 1.00 Powder Adventures 1.30 World Match Tour Sailing 2.00 Ice Hockey 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under. (R) (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic; (R) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies; 3.05 Mister Maker; (T) Thumb Wrestling Federation: TVF. (R) (T) 3.30 CBBC: Bear Behaving Badly. (R) (T) 3.50 Elliot Kid. (R) (T) 4.05 Frank Patrol. (R) (T) 4.35 Little Howard's Big Question. (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson asks more general knowledge questions against the clock as contestants try to avoid being voted off the team. (R) (T)

6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

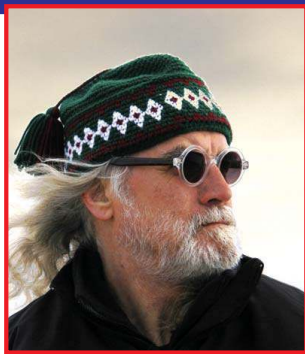
7.30 EastEnders. Dawn has to decide once and for all about her future with Garry after he gives her an ultimatum. Libby worries she may be losing Darren to Janine, while Tanya, Jane, Heather and Bianca gather for Zainab's book club. Ricky takes a greater interest in Tiffany's behaviour as he awaits the DNA test results; (T) BBC News; Regional News. (T)

8.00 Rogue Traders. New series. Matt Allwright and Dan Potts go undercover to expose people who are selling dogs with serious illnesses and without the paperwork to prove they have a pedigree or are properly vaccinated. As the investigation gets under way, a confrontation with one breeder leads to a call for police assistance. (T) The Green Green Grass. Boycie sits down to write his memoirs, recalling the important events in his life in the hope that his book will become an important manual for future generations. From his days in Peckham with Del Boy and Rodney, to his new life on the Shropshire farm, delving into his past proves to be an enlightening experience. (T)

9.00 New Tricks. An armoured security van is discovered at the bottom of a lake, and the team makes a link to a disappearance 17 years previously and an unsolved killing, prompting the case to be reopened. Sandra feels she is making progress after finding the murder weapon, but suffers a setback when a key witness is killed. Detective drama, starring Amanda Redman. (R) (T)

10.00 BBC News. (T)  
10.25 Regional News; Weather. (T)  
10.35 Question Time. (T)  
11.35 FILM: True Identity (1991). Comedy, starring Lenny Henry; (T) Skating Heaven. (T)

1.10 Sign Zone: Panorama. (R) (T) 1.40 Sign Zone: Watchdog. (R) (T) 2.10 Sign Zone: It's Not Easy Being Green. (R) (T) 2.40 Sign Zone: Wild About Your Garden. (R) (T) 3.25 Sign Zone: Countryside. (R) (T) 4.20 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 In the Night Garden. (R) (T) 7.30 Mama Mirabelle's Home Movies. (R) (T) 7.45 Pinky Dinky Doo. (T) 8.00 CBBC: Da Dick and Dom Diaries. (T) 8.30 Trapped; (R) (T) Prank Patrol Pocketsize. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) 9.30 Dani's House. (R) (T) 10.00 Stake Out. (R) (T) 10.30 Gimme a Break. (R) (T) 11.00 Dangermouse. (R) (T) 11.20 The Flintstones. (R) (T) 11.45 Murder Most Famous. (R) (T) 12.30 Working Lunch. (T) 1.00 Meerkat Manor. (R) (T) 1.20 Animal 24/7. (R) (T) 2.05 The World at War. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready Steady Cook. (T) 5.15 Cash in the Celebrity Attic. (T) 6.00 Battle of the Brains. (T) 6.30 Eggheads. (R) (T) 7.00 Oz and James Drink to Britain. Oz Clarke develops a beer based on an Elizabethan recipe. (R) (T) 7.30 Media Revolution: Tomorrow's TV. Max Film investigates the British television industry. Last in the series. (T) 8.00 MasterChef. Hour-long show. The semi-finalists work in professional kitchens. (T) 9.00 Natural World. Efforts to save endangered cassowary birds in Australia. (T) 9.50 Stately Staats. The exploits of Staats living in the grounds of Kedleston Hall, Derbyshire. (R) (T) 10.00 What the Victorians Did for Us. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Explore: Sex and Religion in Manila. (T) 11.50 Iran and the West. (R) (T) 12.50 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

**Billy Connolly: Journey to the Edge of the World (ITV1 Granada, 9pm)**  
After a long break, actor, comedian and musician Billy Connolly sets off on another of his epic journeys. He begins his travels in Nova Scotia, then heads north to Newfoundland, meeting some extraordinary people along the way as he travels by boat, motorbike, aeroplane and car. Billy visits the towns where European immigrants first settled and meets a man who earns a crust making scarecrows. The Big Yin also meets the townspeople who took in airline passengers stranded by the 9/11 tragedy, and searches for whales and icebergs. His adventure kicks off at sea aboard the historic Bluenose II schooner, the symbol of which appears on all Nova Scotian number plates. In Halifax he investigates the town which welcomed almost two million European immigrants, all keen to start a new life on the edge of the world. He also discovers 30 William Connollys were among those who emigrated there. While visiting the Titanic graveyard, he finds a memorial to J Dawson, which many tourists believe to be Leonardo DiCaprio's character, Jack, in the Hollywood blockbuster, Titanic. "The grave just said J Dawson, but it's a guy called Joseph Dawson. But nobody seems to be bothered too much about that. So in death he became sexy and Hollywood. Good on him, I say." Billy also pays a trip to Lunenburg, which was once North America's fishing capital, and samples the New Brunswick Highland Games.

C4 FIVE

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 ER. (R) (T) 10.20 ER. (R) (T) 11.15 Back to You. (R) (T) 11.45 Small Railway Journeys. (R) (T) 12.00 News at Noon. (T) 12.30 Proud Parents. (R) (T) 12.45 A Place in the Sun: Home or Away. (R) (T) 1.45 FILM: Arizona Raiders (1965). Western with Audie Murphy. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: A Motorway Story. A mother remembers her son Danny. Last in the series. (T) 8.00 10 Years Younger: The Challenge. Mylene Klass helps 53-year-old Susan and 29-year-old mother-of-three Helen turn back time, one going under the knife and the other taking the surgery-free option. (T) 9.00 Britain's Conjoined Twins: Hope and Faith. The story of the youngest woman to give birth to conjoined twins. (T) 10.00 Miracle of the Hudson Plane Crash. Last month's landing of a US Airways jet in the Hudson River. (T) 11.10 Ramsay's Kitchen Nightmares USA. (R) (T) 12.10 The Convention Crasher. (R) (T) 1.10 4Music: Dave Berry's 20 Biggest Stars of 2008. (R) (T) 2.40 Dispatches: The Big Job Hunt. (R) (T) 3.30 Christianity: A History. (R) (T) 4.30 Time Team. (R) (T) 5.25 Countdown. (R) (T)

6.00 Milkshake!: Oswald. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Hana's Helpline. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.40 Sailor Sid. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Lodgers. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Big School. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 House Doctor. (R) (T) 12.00 House Doctor. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (R) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 FILM: Jesse Stone: Night Passage (2006). Premiere. Detective thriller, starring Tom Selleck. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Live UEFA Cup Football. Shakhtar Donetsk v Tottenham Hotspur (Kick-off 6.45pm). Colin Murray presents coverage of the last-32 first-leg tie at the RSK Olimpiyskiy Stadium. (T) 9.00 Ice Road Truckers. A polar bear is spotted prowling the ice road, Alex's health takes a turn for the worse, and a run of a bad luck forces Rick to consider his future in the job. (T) 10.00 CCTV Cities. Donal MacIntyre presents an insight into police efforts to combat football violence, documenting how state-of-the-art surveillance equipment monitors fans on match day at Leeds United. (T) 11.05 Police Interceptors. (R) (T) 12.05 Quiz Call. 4.00 NBA Basketball. (R) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (R) (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Maisie's husband Tristan arrives in the village to meet his wife, but is shocked when he realises she is set on ending their relationship. Andy looks to the future. (T)  
7.30 The Krypton Factor. Ben Shephard presents the first semi-final of the game show designed to test physical stamina and mental agility. The four contestants are put through their paces in tasks involving memory, logic and general knowledge, as well as facing the infamous army assault course in a bid to reach the final. (T)

8.00 The Bill. Nate investigates a knife attack on young girl Aisha, only for the case to take on a personal note when he discovers his new love interest, nurse Maria Joseph, agreed not to report the injury when she treated the wounded girl in hospital. Further evidence reveals that Aisha may be the victim of a stalker - and when she is kidnapped, the race is on to rescue her from a potential killer. (T)

**9.00 Billy Connolly: Journey to the Edge of the World.** New series. The comedian sets off on a journey through the remote regions of Canada, travelling by boat, motorbike, aeroplane and car from the Atlantic to the Pacific by way of the Northwest Passage. On the first leg of his trip, Billy visits Nova Scotia and Newfoundland, taking in the Titanic graveyard, a Highland Games and spotting a whale on his way to stay at a lighthouse. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)  
10.35 Dexter. The task force receives a written manifesto from the Bay Harbour Butcher, and Dexter decides he needs to take action when Doakes' investigation becomes more of a threat to him. (T)

11.45 FILM: Narrow Margin (1990). Suspense thriller, starring Gene Hackman. (T)  
1.25 Crossing Jordan; (T) ITV News Headlines. 2.15 Loose Women. (R) 3.00 ITV Nightscreen.

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

LOCAL Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amor e Intriigas 1500 Paixoes Proibidas 1600 Portugal no Coraço 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Grande Entrevista 2130 A Minha Familia 2200 Jogo Duplo 2300 Corredor do Poder 0000 Quarto Crescente 0100 Longe de Casa 0145 Escape of the artful dodger, series 0315 Prova de Amor 0415 Portugal no Coraço 0605 N4s

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0720 Zig Zag 1400 Sociedade Civil 1530 Recantos 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Supernatural, series 2330 Documentary 0030 Noites das Dois 0100 EuroNews 0500 Iniciativa 0215 EuroNews 0500 Sociedade Civil 0600 Recantos

SIC

0600 Sic Noticias 0800 Cartaz 0815 Sete Vidas 0900 Ligu, Ganhou 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1515 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nôs por Cá 2000 News 2115 Tá a Gravar 2215 Caminho das Índias 2300 A Favorita 0000 Podia Acabar o Mundo 0045 CSI: Las Vegas, series 0145 Cartaz Cultural 0230 Todos em Linha

TVI

0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Flor do Mar 2215 Felício de Amor 2315 Olhos nos Olhos 0000 NCIS, series 0145 The Office, series 0215 Cartaz das Artes 0245 Sempre a Soma 0415 TVI Negócios 0430 Damages, series 0530 Telesales

BBC3

7.00 Match of the Day Live 9.00 Baby Borrowers US 9.45 Out-takes: US Presidents 9.50 This Way Out 10.00 EastEnders 10.30 Vodka, Homework and Me 11.30 Family Guy 11.55 Family Guy 12.15 Baby Borrowers US 12.55 Naked 1.55 Snog, Marry, Avoid? 2.25 Freaky Eaters 3.20 Vodka, Homework and Me 4.20 Naked 5.20 Close

BBC4

7.00 World News Today 7.00 Weather 7.40 The New Avengers 8.30 Britain's Best Drivers 9.00 Penelope Keith and the Fast Lady 10.00 Michael Smith's Drivetime 10.30 We Need Answers: Motoring 11.00 Penelope Keith and the Fast Lady 12.00 The Joy of Motoring 1.00 Michael Smith's Drivetime 1.30 We Need Answers: Motoring 2.30 Britain's Best Drivers 2.30 Penelope Keith and the Fast Lady 3.30 Michael Smith's Drivetime 4.00 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 The Brit Awards 2009 8.00 American Idol 9.00 Paris Hilton's British Best Friend 10.00 American Idol 11.00 Supernatural 12.00 Entourage 12.30 Entourage 1.05 Sex, Love and Secrets 1.50 Teleshopping 4.50 ITV2 Nightscreen

Sky1

1.00 Don't Forget the Lyrics US 2.00 Bones 3.00 Cold Case 4.00

Malcolm in the Middle 4.30 Futurama

5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Hello Goodbye 9.00 Bones 10.00 Husbands Who Kill Guy 11.55 Family Guy 12.15 Baby Borrowers US 12.55 Naked 1.55 Snog, Marry, Avoid? 2.25 Freaky Eaters 3.20 Vodka, Homework and Me 4.20 Naked 5.20 Close

G.O.L.D

1.00 Only Fools and Horses 1.40 My Family 2.20 May to December 3.00 Bread 3.40 Waiting for God 4.20 As Time Goes By 5.00 Citizen Smith 5.40 Ever Decreasing Circles 6.20 Keeping Up Appearances 7.00 My Family 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 Only Fools and Horses 9.40 Blackadder the Third 10.20 The Royle Family 10.55 Gimme Gimme Gimme 11.35 The Worst Week of My Life 12.15 Blackadder the Third 12.55 The Royle Family 1.30 Gimme Gimme Gimme 2.10 The Worst Week of My Life 2.40 The Dick Emery Show 3.00 Close

TCM

3.00 Swing Shift PG (1984) 4.55 Soylent Green 15 (1973) 6.45 Trouble Along the Way U (1953) 9.00 Alice Doesn't Live Here Anymore PG (1974) 11.10 Being Human 15 (1994) 1.25 Alice Doesn't Live Here Anymore PG (1974) 3.30 Wise Guys 15 (1986) 5.00 Tall Story U (1960)

The Disney Channel

Kids' programmes from 7am, except:

Sky Movies Drama

6.50 The Black Swan PG (1942) 8.20 The Prince of Egypt U (1998) 10.00 The Last King of Scotland 15 (2006) 12.10 As Good as It Gets 15 (1997) With Jack Nicholson. 2.30 The Milagro Beanfield War 15 (1988) With Ruben Blades. 4.30 The Prince of Egypt U (1998) With Val Kilmer. 6.15 Flashdance 15 (1983) With Jennifer Beals. 8.00 The Last King of Scotland 15 (2006) With Forest Whitaker. 10.15 As Good as It Gets 15 (1997) With Jack Nicholson. 12.45 The Milagro Beanfield War 15 (1988) With Ruben Blades. 2.45 Flashdance 15 (1983) With Jennifer Beals. 4.30 The Black Swan PG (1942)

Sky Movies Comedy

6.00 Expiration Date 12 (2006) 7.40 The Love Letter 15 (1999) 9.10 Mystery, Alaska 15 (1999) 11.10 Dragnet PG (1987) With Dan Aykroyd. 1.00 Norbit 12 (2007) With Eddie Murphy. 2.45 Blades of Glory 12 (2007) With Will Ferrell. 4.25 Sliding Doors 15 (1998) With Gwyneth Paltrow. 6. . . 1.0 Dragnet PG (1987) With Dan Aykroyd. 8.00 Norbit 12 (2007) With Eddie Murphy. 9.45 Blades

of Glory 12 (2007) With Will Ferrell. 11.25 Sliding Doors 15 (1998) With Gwyneth Paltrow. 1.10 Mystery, Alaska 15 (1999) With Russell Crowe. 3.15 The Love Letter 15 (1999) 4.50 Expiration Date 12 (2006)

Sky Movies Action/Thriller

6.05 Flags of Our Fathers 15 (2006) 8.20 Mr Nice Guy 15 (1997) 10.05 Conan the Destroyer 15 (1984) 12.00 The Bone Collector 15 (1999) With Denzel Washington. 2.00 Seven Swords 15 (2005) With Donnie Yen. 4.25 Mr Nice Guy 15 (1997) With Jackie Chan. 6.10 Conan the Destroyer 15 (1984) With Arnold Schwarzenegger. 8.00 The Bone Collector 15 (1999) With Denzel Washington. 10.00 Sudden Death 18 (1995) With Jean-Claude Van Damme. 11.55 The Invasion 15 (2007) With Nicole Kidman. 1.50 The Young Americans 18 (1993) With Harvey Keitel. 3.50 35MM 4.20 The Magic Sword: The Quest for Camelot PG (1998)



Sky Sports 1

6.00 Live European Tour Golf. The Johnnie Walker Classic. 9.30 FIFA Futbol Mundial 10.00 Football Special 11.30 Scottish Cup Football 1.00 Football Special 2.30 FIFA Futbol Mundial 3.00 Live Horse Racing. The Dubai International Racing Carnival. 7.00 Live Premier League Darts. From the Ricoh Arena in Coventry. 10.30 Time of Our Lives 11.30 Premier League World 12.00 The Rugby Club 1.30 Time of Our Lives 2.30 Premier League World 3.00 The Rugby Club 4.30 Time of Our Lives 5.30 Live European Tour Golf. The Johnnie Walker Classic.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Stock Car Racing 9.30 Licence to Le Mans 10.00 Ten Pin Bowling 11.00 World Match Tour Sailing 11.30 Transworld Sport 12.30 Licence to Le Mans 1.00 European Tour Golf 5.00 FIFA Futbol Mundial 5.30 The Rugby Club 7.00 Premier League World 7.30 Golf Night 9.30 Premier League World 10.00 Live Poker. Coverage of the online Sky Poker Five-00 tournament. 12.00 NFL: Total Access 1.00 Premier League World 1.30 Netball 3.30 Poker 5.30 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 Ten Pin Bowling 8.00 Boots 'n' All 9.00 Transworld Sport 10.00 Ice Hockey 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Watersports World 1.00 Ice Hockey 2.00 NFL: Total Access 3.00 Stock Car Racing 3.30 Licence to Le Mans 4.00 Ten Pin Bowling 5.00 NFL: Total Access 6.00

Powder Adventures 6.30 FIFA

Futbol Mundial 7.00 Transworld Sport 8.00 The Rugby Club 9.30 WWE: Late Night - Raw 11.30 Extreme Championship Wrestling 12.30 Premier League Darts 4.00 Close

British Eurosport

7.30 UEFA Cup Football 8.00 Biathlon 9.00 Live Biathlon. The World Championships in Pyeongchang, South Korea. 10.30 Live Cross-Country Skiing. The World Championships get under way. 11.45 Cycling 12.15 Snooker 1.00 Live Snooker. The second round of the Welsh Open. 4.00 Live Nordic Combined Skiing. The World Championships from Liberec. 5.45 Eurogals 6.00 Biathlon 7.00 Live Snooker. The second round of the Welsh Open. 10.00 UEFA Cup Football 11.00 Nordic Combined Skiing 11.30 Motorcycling 12.00 Cycling 12.30 Close

Sky Sports Xtra

4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Boots 'n' All 6.00 Netball 8.00 Powder Adventures 8.30 Motor Racing 10.00 Netball 12.00 Powder Adventures 12.30 Golf Night 2.30 Powder Adventures 3.00 Close

(R)-repeat programme;  
(T)-programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.



BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under. (R) (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: 3.05 Mister Maker. (T) Thumb Wrestling Federation: TWFF. (R) (T) 3.30 CBBC: Bear Behaving Badly. (R) (T) 3.50 Eliot Kid. (R) (T) 4.05 Outback 8. (R) (T) 4.35 The Legend of Dick & Dom. (T) 5.05 Newsround. (T)

5.15 Weakest Link. General knowledge quiz. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T)

7.30 A Question of Sport. Sue Barker asks the questions in the light-hearted quiz, with celebrity guests joining team captains Matt Dawson and Phil Tufnell. (R) (T) BBC News; Regional News. (T)

8.00 EastEnders. Bianca and Ricky receive the paternity results, but avoid telling the family after learning Whitney has been shopping. Dawn decides to remain cautious about her future with Garry. (T) 8.30 Traffic Cops. A new recruit to Humberside's traffic department has a busy night when he catches a burglar in the act and chases down a runaway truck driver. Insight into the working life of police officers who patrol the nation's busiest and most dangerous roads, using modern technology and old-fashioned techniques to bring car criminals to justice. (T)

9.00 QI. Comedians Sean Lock, Rob Brydon and Ben Miller join regular panellist Alan Davies and host Stephen Fry to discuss the topic of "future" on the quiz with a difference. (T)

9.30 Not Going Out. The friends plan a surprise party for Lucy's 30th birthday, but find they have different ideas about what makes a fun night. While Tim wants to play a few games of charades with his sister, Lee desires an evening of her undivided attention. However, when the guest of honour arrives, she is arm-in-arm with another man. Comedy, guest starring Timothy West, with Lee Mack, Tim Vine and Sally Bretton. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. The Wrestler star Mickey Rourke, comedian Jason Manford and singer-songwriter and actor Will Young chat to the host. Plus, the Cure perform new song The Only One in the studio. (T)

11.35 The National Lottery EuroMillions Draw. Cat Cubie presents coverage of the National Lottery EuroMillions weekly draw. (T)

11.40 FILM: Bringing Down the House (2003). Legal comedy, starring Steve Martin. (T) Weatherwise. (T)

1.25 Sign Zone: Horizon. (R) (T) 2.25 Sign Zone: Iran and the West. (R) (T) 3.25 Sign Zone: Commercial Break-down with Jimmy Carr. (R) (T) 4.05 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 In the Night Garden. (R) (T) 7.30 Mama Mirabelle's Home Movies. (R) (T) 7.45 Pinky Dinky Doo. (T) 8.00 CBBC: Da Dick and Dom Diaries. (T) 8.30 Trapped; (R) (T) Frank Patrol Pocketsize. (R) (T) 9.00 The Story of Tracy Beaker. (R) (T) 9.30 Dani's House. (R) (T) 10.00 Stake Out. (R) (T) 10.30 Gimme a Break. (R) (T) 11.00 Dangerousous. (R) (T) 11.20 The Flintstones. (R) (T) 11.45 Murder Most Famous. (R) (T) 12.30 Working Lunch. (T) 1.00 Meerkat Manor. (R) (T) 1.20 Animal 24/7. (R) (T) 2.05 The World at War. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready Steady Cook. (T) 5.15 Cash in the Celebrity Attic. (T) 6.00 Battle of the Brains. (T) 6.30 Eggheads. (T) 7.00 Chelsea Pensioners: Once a Soldier. Old friends from the Royal Hospital Chelsea are reunited. (T) 7.30 Mastermind. Subjects include Chester Zoo and Tony Hancock. (T) 8.00 Natural World. Exploring ways to farm without fossil fuels. (T) 8.50 Coast. Neil Oliver flies to Alderney in the Channel Islands. (T) 9.00 Around the World in 80 Faiths. Peter Owen Jones travels across Europe. Last in the series. (T) 10.00 Rab C Nesbitt. Rab is excited at the prospect of becoming a grandfather. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 The Culture Show Uncut. (T) 12.20 Medium. (R) (T) 1.05 Medium. (R) (T) 1.45 Nero Wolfe Mystery. (R) (T) 3.20 Close.

Pick of the Day

Taggart (ITV1 Granada, 9pm)

Investigating murders for a living probably doesn't do a lot for your faith in human nature, so it's little wonder DCI Burke is such a world-weary old cynic. In fact, given the sights he sees on a daily basis, he's probably a tad cheerier than he has a right to be. However, this week his scepticism is shaken by the most unlikely person — a psychic. His conversion begins when university student Elaine Donohoe goes missing after a hockey game, and all the evidence points to an abduction. Burke and Reid are soon on the case, but the missing girl's mother surprises the team when she brings in clairvoyant Clare Vorland to help with the investigation. Despite his colleagues' misgivings, Fraser insists anything is worth a try, and suggests they follow up her claim that a white van was involved. This clue leads them to Morag Shearer, Elaine's hockey team captain, who suggests they should be talking to the victim's father. Meanwhile, as Clare offers more clues to Elaine's whereabouts, Burke begins to wonder if he was wrong to dismiss her and visits one of her live shows, where she shocks him by revealing details about his father that she couldn't possibly have known. Has Burke had a genuine encounter with the paranormal, or is his judgement about to be seriously clouded? Alex Norton, Blythe Duff, John Michie and Colin McCredie star.

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.50 Everybody Loves Raymond. (R) (T) 8.20 Frasier. (R) (T) 8.50 Will & Grace. (R) (T) 9.20 ER. (R) (T) 10.20 FILM: Cleopatra (1963). Historical epic, with Elizabeth Taylor. Concludes after the news. (T) 12.00 News at Noon. (T) 12.30 FILM: Cleopatra (1963). Concluded. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Break In and Make My Day! People who take extreme measures to secure their homes. (T) 8.00 A Place in the Sun: Home or USA? Homes in London and Texas. Last in the series. (T) 9.00 Ramsay's Kitchen Nightmares USA. An Italian family restaurant in Connecticut. (T) 10.00 Free Agents. Valentine's Day approaches, so Helen creates a profile for Alex on a dating website and arranges dinner with her elderly accountant. Stephen falls in love, and decides to give up his lecherous ways. (T) 10.30 Ricky Gervais: Fame. (R) (T) 11.35 TV Heaven, Telly Hell. (R) (T) 12.10 4Music: The Album Chart Show. (T) 12.40 4Music: Tony Christie: Going Home. (T) 1.10 4Music: JD Set Presents Fox Cubs. (T) 1.25 4Music: 4Play: Eugene McGuinness. (T) 1.35 World Series of Poker Europe. 2.30 Transworld Sport. (R) (T) 3.20 Hill Street Blues. (R) 4.05 Christianity: A History. (R) (T) 5.05 Countdown. (R) (T)

FIVE

6.00 Milkshake! Oswald. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Hana's Helpline. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.40 Sailor Sid. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fit and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Lodgers. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Big School. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 House Doctor. (R) (T) 12.00 House Doctor. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 FILM: Taming Andrew (2000). Fact-based drama, starring Park Overall. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Wild Animal ER. (R) (T) 7.00 Five News at 7. (T) 7.30 Rough Guide to Classic Road Trips. Driving through Germany and Florida. (T) 7.30 Five News Update. (T) 8.00 Police Interceptors. The officers chase a lorry driver across three counties. (T) 8.00 Five News at 9. 9.00 NCIS. Gibbs tries to protect one of his dead daughter's childhood friends, who is being stalked by an Iraq war veteran - but DiNozzo fears he is allowing personal feelings to cloud his judgement. (T) 10.00 Num3rs. An experienced surfer's drowning raises suspicions. (T) 11.00 Criminal Minds. (R) (T) 12.00 Quiz Call. 4.00 Tim Marlow on Kandinsky. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (R) (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. The reading of Jack's will causes conflict among the Suggdens, and Diane is forced to make a decision about the family's future. Chas resolves to make a go of things with Paddy. (T)

7.30 Coronation Street. Julie stands up to Tony and insists he fire her, but a stranger's arrival changes everything. Gail pays off a pile of Joe's bills, and Leanne offers Michelle a job in the bookies. (T)

8.00 Your Home for a Pound? Tonight. (T)

8.30 Coronation Street. Newcomer Luke shows Tony who is boss and puts Julie's mind at ease. Ken's desire to be at the theatre with Martha sours the dinner party, and Claire explains Graeme's behaviour. (T)

9.00 Taggart. The search for an abducted student leads nowhere until a "psychic adviser" to the missing girl's mother approaches the police, offering to help track her down. Burke grudgingly agrees to attend one of her shows and is stunned by the accuracy of information he is given about his father that no-one else could possibly know. Drama, starring Alex Norton and Blythe Duff. (T)

10.00 Pushing Daisies. A sexy new client hires the team to discover who killed a popular male escort, and the victim's anti-social taxidermist room-mate is high on the long list of suspects. Emerson's famous cigar-smoking private eye mother Calista plans an unexpected visit and lends her expertise to the investigations. Drama, with Lee Pace and Anna Friel, guest starring David Arquette and Debra Mooney. (T)

11.00 The Late News and Weather. (T)

11.30 London News and Weather. (T)

11.35 The Brits Backstage. Alesha Dixon goes behind the scenes of Wednesday's awards ceremony, hosted by Kylie Minogue, James Corden and Mathew Horne. She finds out what it takes to organise the spectacular event, sees what the stars got up to backstage and chats to the winners and losers. (T)

12.05 FILM: How High (2001). Premiere. Comedy, starring Method Man; MTV News Headlines. 1.45 FILM: The Testimony of Taliesin Jones (2000). Drama, starring John-Paul Macleod. (T) 3.15 ITV Nightscene.

LOCAL

Best of the Rest

**RTP1**  
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amor e Intrigas 1500 Paixões Proibidas 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Footie: Paços de Ferreira vs FC Porto 2300 Film 0100 Film 0245 Prova de Amor 0430 Portugal no Coração 0615 Euronews

**RTP2**  
0720 Zig Zag 1400 Sociedade Civil 1530 Recantos 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Brothers & Sisters, series 2330 Diga Lá Excelência 0030 Notícias da Dois 0200 Palco 0330 Euronews 0500 Sociedade Civil 0600 Recantos

**SIC**  
0600 Sic Notícias 0800 Cartaz 0815 Sete Vidas 0900 Ligo, Ganhou 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1515 Contorno 1715 Rebelde Way 1800 Três Irmãos 1900 Nós por Cá 2000 News 2130 Não Há Crise 2230 Caminho das Índias 2315 A Favorita 0000 Podia Acabar o Mundo 0045 CSI: Las Vegas, series 0145 Entourage, series 0230 Todos em Linha

**TVI**  
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2100 Euromillions 2200 Flor do Mar 2245 Felizes de Amor 2330 Olhos nos Olhos 0045 Dr. Preciso de Ajuda 0200 Sempre a Somar 0345 The Office, series 0400 TVI Negócios 0430 Damages, series 0530 Telesales

www.the-news.net

**BBC3**  
7.00 Top Gear 8.05 The Real Hustle Las Vegas 8.15 Doctor Who 9.00 Being Human 10.00 EastEnders 10.30 Grownups 11.00 O Snog, Mary, Avoid? 11.30 Family Guy 11.55 Family Guy 12.20 Little Britain USA 12.45 Being Human 1.45 Grownups 2.15 Snog, Mary, Avoid? 2.45 Naked 3.45 Freaky Eaters 4.40 The Real Hustle Las Vegas 4.50 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.30 Transatlantic Sessions 8.00 Motown at the BBC 9.00 Legends 10.00 Film: Standing in the Shadows of Motown PG (2002) 11.45 Mad Men 12.35 The New Avengers 1.25 Legends 2.25 Motown at the BBC 3.25 Transatlantic Sessions 3.55 Close

**ITV2**  
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Seann William Scott: The Hot Desk 8.00 Coleen's Real Women 9.00 American Idol 10.00 Paris Hilton's British Best Friend 11.00 Coronation Street 11.30 Coronation Street 12.00 Film: Thirteen 18 (2003) 2.05 Teleshopping 5.05

**ITV2**  
 **Sky1**  
1.00 Don't Forget the Lyrics US 2.00 Bones 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 Futurama 5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00

Night Cops 11.00 Ross Kemp: Return to Afghanistan 12.00 Film: An Officer and a Gentleman 15 (1982) 2.20 Stargate Atlantis 3.15 Stargate Atlantis 4.10 Battlestar Galactica 5.05 Bite Size Brainiac 5.10 Guilty!

**G.O.L.D**  
1.00 Only Fools and Horses 1.40 My Family 2.20 May to December 3.00 Bread 3.40 Waiting for God 4.20 As Time Goes By 5.00 Citizen Smith 5.40 Ever Decreasing Circles 6.20 Keeping Up Appearances 7.00 My Family 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 Only Fools and Horses 9.40 Blackadder Goes Forth 10.20 The Royle Family 10.55 Gimme Gimme Gimme 11.35 The Worst Week of My Life 12.15 Blackadder Goes Forth 12.55 The Royle Family 1.30 Gimme Gimme Gimme 2.10 The Dick Emery Show 2.30 The Worst Week of My Life 3.00 Close

**TCM**  
1.00 None But the Brave PG (1965) 3.00 Judgment at Nuremberg PG (1962) 6.40 The Frisco Kid PG (1979) 9.00 The Candidate PG (1972) 11.05 Children of a Lesser God 15 (1986) 1.20 The Candidate PG (1972) 3.25 Tall Story U (1960) 5.00 The Naked Hills U (1956)

**The Disney Channel**  
Kids' programmes from 7am, except: 6.00 Film: High School Musical U (2006) Teenage comedy drama, starring Zac Efron and Vanessa Hudgens. 10.00 Film: High School Musical U (2006) Teenage comedy drama, starring Zac Efron and Vanessa Hudgens.

MOVIES

**Sky Movies Drama**

6.00 Broken Lance U (1954) 7.45 Out of Africa PG (1985) 10.30 Michael Clayton 15 (2007) 12.30 The Diary of Anne Frank U (1959) With Millie Perkins. 3.30 An Inconvenient Truth U (2006) Documentary about global warming. 5.15 Out of Africa PG (1985) With Meryl Streep. 8.00 Michael Clayton 15 (2007) With George Clooney. 10.00 The Usual Suspects 18 (1995) With Gabriel Byrne. 12.00 The War of the Worlds PG (1953) With Gene Barry. 1.30 An Inconvenient Truth U (2006) Documentary about global warming. 3.15 Broken Lance U (1954) 5.00 The War of the Worlds PG (1953)

**Sky Movies Comedy**

6.30 Project: ALF PG (1996) 8.05 The Naked Man 15 (1998) 9.45 Splitting Heirs 15 (1993) 11.15 Wild Hogs 12 (2007) With John Travolta. 1.00 Superbad 15 (2007) With Simon Pegg. 11.45 Fat Boy, Run 12 (2007) With Simon Pegg. 4.40 So I Married an

Axe Murderer 15 (1993) With Mike Myers. 6.15 Wild Hogs 12 (2007) With John Travolta. 8.00 Superbad 15 (2007) With Jonah Hill. 10.00 Run, Fat Boy, Run 12 (2007) With Simon Pegg. 11.45 Grandma's Boy 15 (2006) With Allen Covert. 1.25 So I Married an Axe Murderer 15 (1993) With Mike Myers. 3.05 Grandma's Boy 15 (2006) 4.45 Project: ALF PG (1996)

**Sky Movies Action/Thriller**

6.00 Eddie Macon's Run 15 (1983) 7.50 Red Sonja 15 (1985) 9.25 Johnny Handsome 15 (1989) 11.15 Uncommon Valor 15 (1983) With Gene Hackman. 1.15 Red Sonja 15 (1985) With Brigitte Nielsen. 2.55 Johnny Handsome 15 (1989) With Mickey Rourke. 4.45 Ocean's Thirteen PG (2007) With George Clooney. 7.00 Full Metal Jacket 18 (1987) With Matthew Modine. 9.00 Beowulf 12 (2007) With Ray Winstone. 11.00 Ocean's Thirteen PG (2007) With George Clooney. 1.05 Death Proof 18 (2007) With Kurt Russell. 3.10 McVicar 18 (1980) 5.10 Robin Hood PG (1990)

**(R)** - repeat programme;  
 **(T)** - programme with teletext subtitles;  
 **(S)** - programme broadcast in stereo;  
 **(bw)** - black and white.

SPORT

**Sky Sports 1**

6.00 Live European Tour Golf. The Johnnie Walker Classic. 9.30 Premier League World 10.00 A-League 10.30 The Rugby Club 12.00 A-League 12.30 FIFA Futbol Mundial 1.00 Premier League World 1.30 The Rugby Club 3.00 Live Horse Racing. The Dubai International Racing Carnival. 7.00 Off The Bar 7.30 Big League Weekend 1 8.30 Premier League Preview 9.00 Live Prizefighter Boxing. The Prizefighter Series. 12.00 Big League Weekend 1 1.00 Premier League Preview 1.30 Off The Bar 2.00 Prizefighter Boxing 5.00 Off The Bar 5.30 Premier League Preview

**Sky Sports 2**

6.00 Good Morning Sports Fans 9.00 Premier League Darts 12.30 Powder Adventures 1.00 European Tour Golf 5.00 Live Rugby Union Stormers v Reds (Kick-off 5.10pm). 7.00 Ocean Race 7.30 Live Super League. Hull Kingston Rovers v Leeds Rhinos (Kick-off 8.00pm). 10.00 Big League Weekend 1 11.00 Premier League Preview 11.30 Off The Bar 12.00 NFL: Total Access 1.00 Super League 3.00 Ocean Race 3.30 World Sport 4.00 Super League

**Sky Sports 3**

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Raw 9.00 Netball 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Transworld Sport 1.00 Wild Spirits 1.30 Premier League Darts 5.00 WWE: Raw 7.00 Tights Lines 8.00 Golf Night 10.00

WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Golf Night 3.00 Powder Adventures 3.30 Rugby Union 5.30 Ocean Race

**British Eurosport**

7.30 WTA Tennis 8.30 Live Ski Jumping. The women's HS100 trial round at the World Championships. 9.15 Live Ski Jumping. The women's HS100 jump at the World Championships. 11.00 Snooker 12.00 Live Cross-Country Skiing. The men's 15km classic technique at the World Championships. 1.30 Live Snooker. The second Welsh Open quarter-final. 4.30 Live Ski Jumping. The men's HS100 World Championships qualifying event. 5.00 Eurogals Weekend 5.15 Eurogals: One to One 5.30 WTA Tennis 6.15 Live Snooker. The fourth Welsh Open semi-final. 9.55 Planet Armstrong 10.00 Fight Club 11.00 Yoz Magazine 11.30 Cycling 12.30 Close

**Sky Sports Xtra**

12.00 Netball 2.00 NFL: Total Access 3.00 Transworld Sport 4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 NFL: Total Access 6.00 Powder Adventures 6.30 World Sport 7.00 British Ice Hockey 9.30 Ocean Race 10.00 Tights Lines 11.00 Powder Adventures 11.30 Ocean Race 12.00 Rugby Union 2.00 British Ice Hockey 4.30 Tights Lines 5.30 Powder Adventures

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**ABA CHARITY** shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

**WANTED: THE** donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, 962 633 811, for details of our work for animal welfare. Please help.

**DONKEYS, DOGS** and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

**THE ANIMAL** charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

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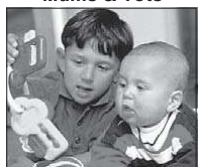
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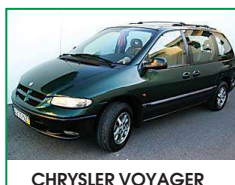
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# Portugal overcome Finland



After their embarrassing 6-2 loss to Brazil last November, the Portuguese national team managed to return to their winning ways and start 2009 in the best possible fashion.

The win came Wednesday evening against Finland at the Algarve Stadium, which managed to attract 20,000 spectators to the midweek game. It is estimated that around 10,000 tickets were sold in the final hours before the match, awarding the fixture some respectability.

In the end, a solitary goal, scored by Cristiano Ronaldo from the spot after a dubious penalty was awarded, was the difference between the two teams, though the margin between the two sides could and should have been wider.

Portugal managed 24 shots at goal, and at least five of these deserved a better return as the Portuguese attack barged through the Finnish defence almost at will, only to suffer from football's equivalent of stage-fright once they had the goal in sight.

Hugo Almeida, Nani and Orlando Sá between them squandered four gilt-edged chances which they would have backed themselves to score ten times out of ten.

However, the match was the perfect test for Portugal as they prepared to face Sweden next

month in a crucial, do-or-die World Cup fixture.

Plagued by public displays by a number of players of dismay at the lack of cohesion in the Portugal squad, there appeared to be a greater urgency among the national team players, with Cristiano Ronaldo, Nani, Bruno Alves and Deco, in the closing stages of the match, all having good runs and fully committed to playing for their country.

The friendly also served to try out some new ideas, with Carlos Queiroz once again trying new players in defence.

Málaga left-sided midfielder Duda had a good match at left-back when attacking, but was often second-best in 50-50 balls when defending, which too was evident with towering central defender Rolando who appears more comfortable when the ball is on the turf.

But the major concern remains up front, and excluding the temptation to play Cristiano Ronaldo as an out-and-out striker, options remain limited.

Portugal's undoing in recent matches has been their inability to score and two goalless draws

in their last two qualifiers has seen them drop to fourth in their Group 1.

Werder Bremen forward Hugo Almeida is Portugal's version of Emile Heskey, but three goals in 24 matches for the national team is not what will see Portugal win a major tournament, let alone qualify for it. But hopes are that he can transfer some of his goal scoring form in the Bundesliga onto the international stage.

Braga striker Orlando Sá, making his debut, could have had a brace, and to his defence, the chances he missed, he created himself out of nothing.

While it will not be an impossible ask, anything but a win next month in Oporto against the Swedes will rule Portugal out of contention for the 2010 World Cup in South Africa.

Defeat next month will surely mean the sack for Carlos Queiroz, perhaps entitling him to become the world's best ever assistant manager. While who knows, out-of-work Luiz Felipe Scolari could be back in his 'beloved' Portugal sooner than expected despite fervent denials by the Portuguese Football Federation.



Cristiano Ronaldo celebrates after scoring a goal against Finland, during their friendly match in preparation for the World 2010 Championship qualification on 11th February 2009 at the Algarve Stadium. (Photo: Lusa / Tiago Petinga)

## Chelsea sack Scolari

Former Portugal manager Luiz Felipe Scolari has been dismissed as manager of Chelsea with immediate effect, the club said in a statement sent to **The Portugal News** on Monday afternoon.

The Chelsea board said in the statement it would like to place on record their gratitude for his time as manager.

"Felipe has brought many positives to the club since he joined and we all feel a sense of sadness that our relationship has ended so soon", Chelsea said.

"Unfortunately the results and performances of the team appeared to be deteriorating at a key time in the season.

"In order to maintain a chal-

lenge for the trophies we are still competing for we felt the only option was to make the change now", the statement read.

The club said the search for a new manager has already started and they hope to have someone in place as soon as possible.

While that continues Assistant Coach Ray Wilkins will take charge of the team on a temporary basis, Chelsea explained.

Chelsea Football Club confirmed on Wednesday Guus Hiddink will become temporary coach until the end of the season and will remain as manager of Russia.

He was due to meet the Chelsea players later this week.

## Sporting lose as Benfica and FC Porto draw

Last weekend was marked with controversy as the classic FC Porto v Benfica match was spoilt by some bad refereeing, which consequently allowed FC Porto to keep their lead in the Liga Sagres. Sporting gave an appalling exhibition and lost at home against Sporting Braga, dropping down to fourth.

Last weekend saw both Portuguese football giants clash head to head, and as is very common, the game brought lots of excitement and controversy. The Antas Stadium, FC Porto's, attracted 50,110 spectators to see whether the Dragons would extend their lead or drop into second. It was a balanced game with FC Porto creating most of the chances in the first half, but it was Benfica who took the lead just before the half time whistle. Yebda was able to win the aerial battle from a cor-

ner kick and scored a fantastic header, giving Benfica the advantage at half time. The second half was a very tactical game, with Benfica holding tightly onto their lead and fending off all of FC Porto's attacks. The moment of the night, which caused major controversy and violent behaviour from Benfica fans, happened when Lisandro Lopez clearly dived inside the box on the 71<sup>st</sup> minute. The referee blew his whistle and called for a penalty, which Lucho Gonzalez gladly converted. The uproar of Benfica fans was such that the club was issued a €1,600 fine this week for the public's bad behaviour. The game ended with a draw and FC Porto were able to keep their one point lead over Benfica after 17 rounds.

Sporting had a catastrophic match against Sporting de Braga

at home, with Paulo Bento describing it as "one of Sporting's worst games", after losing 3-2.

After a dull and heartless first half, Derlei scored an own goal after 58 minutes of play, making matters even worse for Sporting, but redeemed himself by scoring an equaliser ten minutes later. The excitement of the game came in the final ten minutes, with Renteria giving Sp. Braga a one goal advantage. Rattled, Sporting's hopes ended when Mossoró scored Sporting Braga's third goal two minutes later. Izmailov was able

to make the score look more bearable by scoring a late goal in injury time but the disappointment was evident in the team as they dropped to fourth place.

Leixões beat Trofense two nil and climbed into third, keeping their fantastic run, and hopes, alive in the Liga Sagres.

This weekend Sporting will play Belenenses, currently in 13<sup>th</sup>, away. Leixões will play Sporting Braga, in fifth position, FC Porto have an 'easy' fixture against last seed Rio Ave and Benfica face Paços Ferreira.



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